



Could a move that predates the microwave really send you over the edge? That's what we wondered as we looked at 70 years of bedroom advice for this, our anniversary issue. What'd we find? Some mind-blowing moves from long before you were born, as well as one that will get you there every time (no kidding!).

BY ERIN ZAMMETT RUDDY

THE
ULTIMATE

Sex Advice

ROAD-
TESTED BY
YOU!

photographs by Chris Craymer



16 TIPS
YOU'VE
NEVER
TRIED

CAUTION! BEFORE YOU read another word: This is not a story for the sexually squeamish, but it is for anyone who's looking to steam up her sex life. Ready? Let's go!

How to Find Your Hot Spot

THE HOW-TO: Sex researcher Beverly Whipple, R.N., literally cowrote the book on G-spotting (1982's *The G Spot*). Here's how she suggests getting your partner involved in the mission: "Your partner inserts one or two fingers (palm up) into your vagina while you are lying on your back. The G-spot [which feels like a small bean] can usually be felt by putting pressure against the top wall."

THE SEX-VENTURER: Karla,* 36, and her game-for-anything guy, Mark.

THE VERDICT: Yes, oh yes! "I wasn't sure I'd realize when he found it. Next thing you know, I was singing like Mariah!"

How to Sex Up Condoms

THE HOW-TO: In her 1983 *Dr. Ruth's Guide to Good Sex*, the senior sexpert rails against condom complainers:

"The condom is part of [sex], like drawing the shades.... The woman can place [it] on the man's erect penis—something couples find very erotic."

THE SEX-VENTURER: Whitney, 27, who uses condoms as her primary form of birth control.

THE VERDICT: Yay! "I tore open the package with my teeth and teasingly massaged the condom onto my boyfriend. I felt a little like a porn star and was nearly in tears trying not to giggle, but he enjoyed it!" ➡➡

*Names have been changed.

How to Touch Him Below the Belt

THE HOW-TO: Dan Anderson, who co-wrote 1997's popular *Sex Tips for Straight Women from a Gay Man*, says this basic move is all about positioning. "The back of your stroking hand should be facing his stomach; fingers on top (your pinkie should be the highest), making a ring around the shaft." Then: "Starting at the base... glide up" and "swivel your hand so that your full palm

goes over the top, then come straight down to the base. Barely let go, even as you prepare for the next stroke."

THE SEX-VENTURER: Monique, 33, who hasn't given a hand job since high school.
THE VERDICT: A keeper. "It took a while to get the up-over-down-release thing right, but he said it felt good—like a good appetizer on a sexual menu."

How to Worship His Body

THE HOW-TO: OK, so licking him from head to toe may sound gross, but it's out of the 1972 sex bible *The Joy of Sex*, so it must be good, right? It says to "go systematically over every square inch of [him]... with long, slow, broad tongue strokes."

THE SEX-VENTURER: Sally, 32, who sprang this on her fiancé.

"THAT MOVE HAD ME SINGING LIKE MARIAH!"

THE VERDICT: Yikes! "I looked like a cat slurping milk. If I'd kept going, I might have actually coughed up a hair ball."

How to Flirt

THE HOW-TO: It doesn't get much easier than Helen Gurley Brown's advice in her 1962 best-seller, *Sex and the Single Girl*: "Look straight into his eyes, deep and search-

ingly, then lower your gaze. Now look at him again...steadfastly, questioningly. Then drop your eyes." Congrats, you're a flirt!

THE SEX-VENTURER: Anika, 34, who rarely flirted because she thought it meant giggling and gushing.
THE VERDICT: Success! "I was sitting at a bar with a friend and noticed a cute guy looking at me. I followed her advice to the

letter—three seconds is longer than you think! We had our first date two days later."

How to Blow... His Mind

THE HOW-TO: In a 1975 letter to *Playboy*, a reader outlined how to give a "hum job," in which you put your lips around his testicles and hum "The Star Spangled Banner." 'Nuf said.

THE SEX-VENTURER: Jill, 25, is always looking for ways to shake things up.

THE VERDICT: Skip it! "The actual instructions were easy, but when I began the first few notes, my boyfriend pulled away and asked what on earth I was doing. 'Um,' he said, looking confused, 'that's just weird.'"

How to Sexercise!

THE HOW-TO: Some women practice Kegels to prep for good sex. But according to the 1967 book *New Approaches to Sex in Marriage*, by John E. Eichenlaub, M.D., you should be doing them *during*. "As he starts toward climax, six or eight short, sharp 'lifts' often bring him a much keener orgasm... and also often help to increase any coincidental feminine response." But first, you must practice: "Try to lift and constrict the female opening 'as if you were picking up marbles with it.'" Hold tight for a slow count of three, then relax. Do a set of five, three times a day, and soon you may have

"IT WAS A GREAT WAY TO START THE NIGHT."

How to Get Out of a Missionary-Only Rut

Try a "Position of the Day" from sex site nerve.com—which debuted in 1997.



THE DROP AND GIVE ME 20

Kim, 29, who has been with her boyfriend for five years and "is no stranger to plain old missionary," tried this position first. "It was different enough from our routine that we went back for seconds."



THE DOOR JAM

"This one was our favorite. It's similar to standing-up sex, but it solves some of the problems that come with that: You have something to rest against, plus you get to lean back and gaze at your partner."



THE HARD BARGAIN

"This would be great for the woman who loves to multitask, as it adds squats to your sex life! It was a great way to start the night, but you'd have to have much stronger thighs than mine to do it for a long time."



THE BETTY ROCKER

"If your idea of fun is having your guy do a backbend while supporting 100-plus pounds as you try to balance like a surfer... try this. It wasn't for me, but I *can* see the benefit of having sex in a rocking chair."



STYLIST: MARISSA CRAWFORD; HAIR AND MAKEUP: JOEL MENDENHALL FOR SARAH LAIRD; ON HER: REBECCA TAYLOR TOP; ON HIM: BURBERRY SHIRT; GIORGIO ARMANI PANTS; PREVIOUS SPREAD: ON HER: MIMI HOLIDAY BRA; WENDY GLEN UNDERWEAR; ON HIM: WHAT COMES AROUND GOES AROUND VINTAGE PALMAS

How to Have an Orgasm Every Time

The “no hands, no vibrator, no problem” position? It’s here!

We found four positions with the same goal: to get the clitoris in on the action so a woman can climax from intercourse alone. Liz, 31, who can count on one hand the times she’s had an orgasm that way, tried ‘em all.

NO WAY Thanks to the “modified lateral position” from 1957’s *Modern Sex Life*, by Edwin W. Hirsch, M.D. (basically side-by-side sex), Liz’s hubby “thought his penis was too short. And he got a leg cramp!”

NOPE, UH-UH The “coital alignment technique,” a 1980s-era move where he rocks back and forth instead of thrusting in and out, “kinda hurt.”

GETTING WARMER The “inverted method” (a.k.a. woman on top), from the 1940 book *How to Attain and Practice the Ideal Sex Life* by Dr. J. Rutgers, was “OK, not bad,” says Liz. “Eventually it could work.”

FINALLY...SUCCESS! Most women haven’t heard of this unnamed trick, let alone tried it. The move, recommended by sexpert Laura Berman, Ph.D., was one of 20 ways to make sex better that ran in a 2005 *Glamour* article: “Put one pillow under your hips and one under your head. Then make sure he stays close to you during sex, moving up and down along your body so your pelvises stay in constant contact. The continuous pressure inside and out increases the odds that you—not just he—will have an orgasm.” Liz raves: “Bingo! Being super close did the trick. We tried it a few times, and it never failed.”

your own “coincidental feminine response.”

THE SEX-VENTURER:

Marie, 33, who says she did hers “at my desk, driving, watching *Cold Case*, you name it!”

THE VERDICT: So-so.

“I pulsed my muscles during the deed and my husband immediately said, ‘Are you squeezing me? Wow.’ But I didn’t necessarily feel any extra pleasure. Maybe I need to keep practicing.”

How to Make Sex Soulful

THE HOW-TO Want sex so intimate that it’s elevated to a sacred act? Consider 2004’s *The Complete Idiot’s Guide to Tantric Sex* (second edition), by Judy Kuriansky, Ph.D., and this pre-intercourse exercise: Get into the “yab yum” position (“the man sits with legs crossed and the female straddles him in his lap; their

legs are wrapped around each other and, if possible, meet behind the back”). “Gaze softly into each other’s eyes for at least three minutes.” Note: There is no sex in this

“THIS WAS HARDER THAN I’D IMAGINED.”

tip, as tantric focuses not only on prolonging pleasure (we’ve all heard the rumor about Sting’s seven-hour marathon sessions) but also on creating a spiritual connection between you and your partner.

THE SEX-VENTURER: Johanna, 33, who has only ever had “normal, mainstream” sex with her husband.

THE VERDICT: Yowza! “The moment we wrapped our legs

around each other, my husband was too aroused to gaze into my eyes. We immediately had sex. Whoops! On our next try, it was awkward but incredibly intimate to stare that closely. After three minutes, we hugged, lay down and...napped. I never snooze in the afternoon, but it was so relaxing and intense. When we did have sex later, it was mind-blowing. We will be trying this again!”