



HANKY PANKY

**SEXPERT TIPS
TO HOT THINGS
UP IN THE
BEDROOM**

BUMP-ER SURPRISE

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WAS PREGNANT
THREE HOURS
BEFORE GOING
INTO LABOUR'**

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Sam Bailey

'People think my career's down the pan when they see me in Primark'

The *X Factor* winner on loving a bargain, being a fan of 'builder's tea' and why she's glad TV judge Louis is back...

HEALTH

10 *Secrets of a sex therapist* ways to revive a flagging libido

Research reveals that the over 50s are the most sexually satisfied. So if you feel like you're missing out, read on! Sex therapist Juliet Grayson shares her professional know-how to get your sex life back on track...

1 Take time to get turned on

In a new relationship we spend a lot of time on foreplay, and arousing our partner. As a relationship continues we tend to cut back on the 'extras', and may drop below the level required to get us turned on. So sometimes a flagging sex drive is due to insufficient arousal. The average woman takes between 20 and 40 minutes to become fully aroused. And as we age, we all (men too!) take longer to get in the mood.

2 Ask your GP

If you've had a low libido for a while, visit your doctor and ask them to check your testosterone, blood sugar



7 Write down your desires

Sometimes it's easier to write down what you'd like rather than saying it out loud. On white paper, you and your partner each write down three sexual acts you would enjoy doing and you know your partner also likes. On coloured paper, write down three things you would like to do but know your partner might find slightly challenging. Cut them out, fold them up and put them into a large bowl. Once a week, take it in turns to pick one. If you or your partner are not keen, simply choose another one.

4

CLEAN UP YOUR ACT Poor hygiene can be a turn off. So if your partner's sex drive is flagging, pay extra attention to bathing, brushing your teeth, and wearing fresh clothes.

or watching a sexy film on TV). Some couples are made up of one responsive desire person, who rarely initiates sex, and one spontaneous desire person, who starts off love-making. But if the spontaneous desire partner becomes more responsive desire, the couple's sex life fades. So plan your sexual contact – make Saturday night 'sex night', and let that be the external trigger.

6 Focus on the relationship

If there are things directing your sexual energy away from your partner, it's a good idea to stop them for a while. An example of this would be using pornography. Try to stop watching pornography for a month and see what impact that has.

and cholesterol levels. Low testosterone, diabetes and heart problems can contribute to a lack of desire.

5 Plan your sexy time

As we get older we often move from spontaneous desire (feeling turned on out of the blue) to responsive desire (when you only feel like sex in response to an external stimulus – which might be your partner

8

READ A STORY Reading or listening to erotic stories on your own or together can bring an added dimension to your sex life and increase desire. Try the iPad and iPhone app *Lace* – erotic short stories for women – or go to *Literotica.com*. Audible.co.uk have short stories such as *18 Ultra Short Erotic Tales* by Carl East.

9 Tell him your turn-ons

We all have things that turn us on. Have you talked to your partner to find out what those things are? As a sex therapist, I know these can be really varied and aren't always just about sex itself. For instance, one woman said she loved having her ears nibbled, another got turned on when she found a romantic post-it note from her husband stuck to her iPad screen. One woman even told me, 'The most loving thing he can do is to put out the rubbish bin. I feel so appreciative when he does that, it makes me feel horny!'

10 Consider asking an expert

Often there will be some underlying issue that contributes to a lack of desire. Getting help from a psychosexual therapist to work out what this is can be enormously beneficial.

3 CHECK YOUR MEDS If you take medication, check with your GP that it's not contributing to your low libido. If you're taking one of the following drugs you may benefit from changing, but always talk to your doctor first: anti-psychotics such as Chlorpromazine, anti-anxiety medication such as Benzodiazepines, anti-depressants such as Clomipramine, or beta blockers such as Propranolol.

