HANKY PANKY

SEXPERT TIPS

UP IN THE

BEDROOM

BUMP-ER

SURPRISE

'I FOUND OUT I

THREE HOURS

BEFORE GOING

INTO LABOUR'

WAS PREGNANT

TO HOT THINGS

SWEET TREATS

BAKE UP SOME CUTE CUSTARD BISCUITS

KNIFE CRIME

TEEN HORROR
BLOGGER WHO
STABBED HER
PARENTS TO
DEATH

CHIC

FRILLS
HOW TO
WEAR
ROMANTIC
RUFFLES

PLUS
6 PAGES OF
6 PAGES OF
FANTASTIC
FANTASTIC
PUZZLES AND
PUZZLES AND
TO WIN
TO WIN
TO WIN
TO WIN
TO WIN
TO WIN

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...

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...

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.

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

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.

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

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

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.

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.

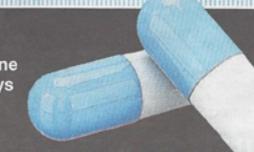
desires Sometimes it's easier to write down what you'd like rather than saying it out loud. On white paper, you and your partner each write down three sexual acts you would enjoy doing and you know your partner also likes. On coloured paper, write down three things you would like to do but know your 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.

Write down your

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.

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!'

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.



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.

SUNDAY 17