



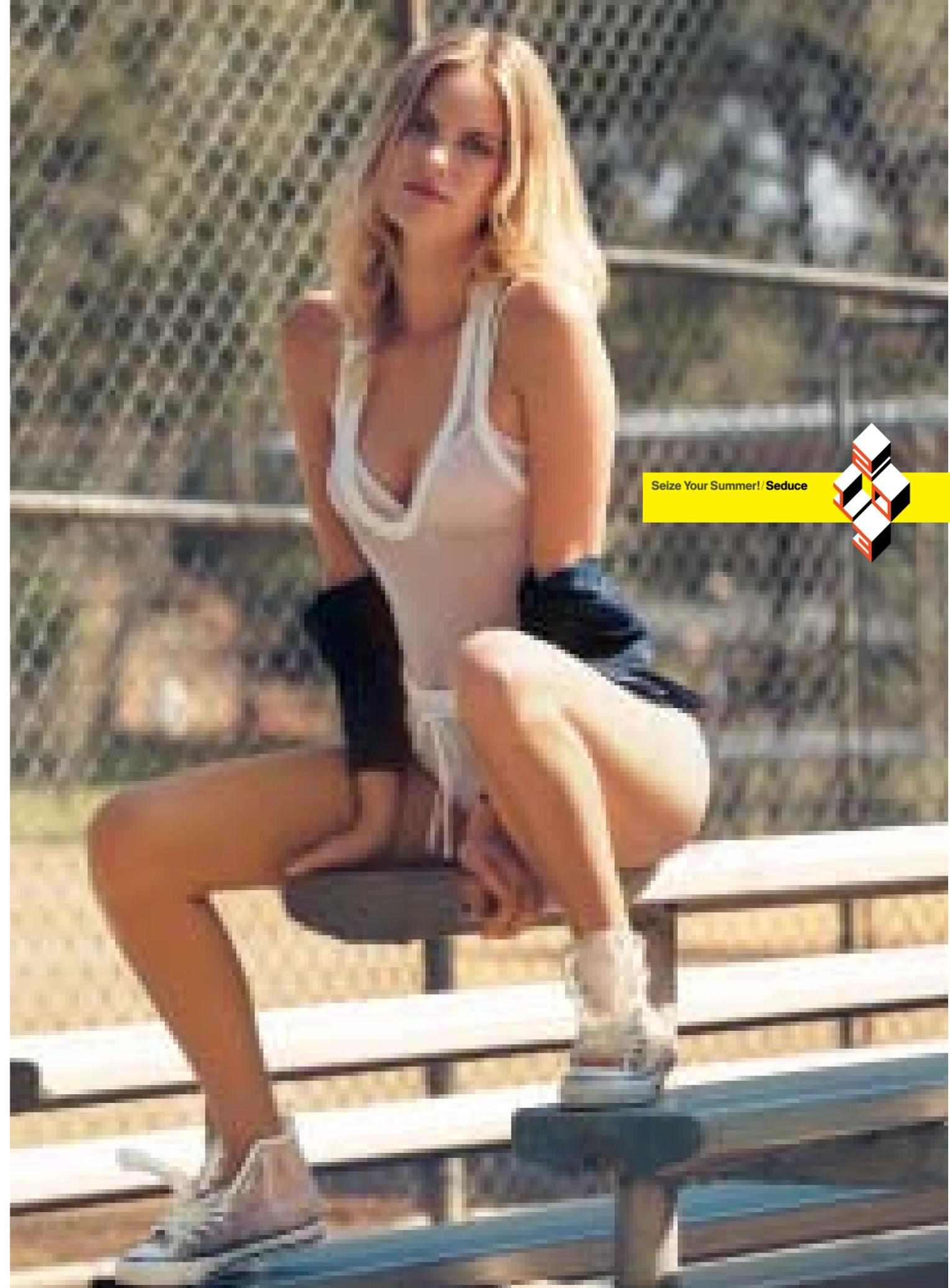
## **SHE'S GETTING HOTTER**

Whether you're single and horny or committed and creative, summer is the season to turn up the sexual temperature. Best part: She'll agree.

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Seize Your Summer! / Seduce



# SUMMER

is the season for slow, sweaty sex—the kind that leaves you breathless and dog-tired. As your thrusting slows, your sex drive—and hers—accelerates: Mate seeking hits a peak in July, a Villanova University study reveals. “Summertime just makes people hornier,” says Christie Hartman, Ph.D., author of *Changing Your Game: A Man’s Guide to Success with Women*. “One theory is that the sunshine affects our hormones.” Or maybe it’s because we’re all half naked. Either way, summer is the season to find a new fling—or if your sex life is on a low simmer, it’s your time to crank up the heat.



## 07/ Celebrate the Sun

Sunshine casts you in a better light: Women are more likely to give a man their digits on a sunny day than on a cloudy one, a French study found. “It seems mundane to talk about the weather,” says Hartman, “but saying, ‘Don’t you love this sun?’ can feel like you’re celebrating together.” It’s a perfect pickup tactic at the park.



## FIND LIKELY LADIES

### 01/ Dance Under the Stars

Instead of splurging on seats, buy lawn tickets to an outdoor concert. “You can move around, dance, and meet women,” says Hartman. Hint: A blanket goes a long way.

### 02/ Let the Booze Do the Talking

Asking, “Cheerios or Chex?” probably won’t send sparks flying. But “Corona or Bud?” just might, because alcohol is inherently sexual. Spot a hottie at the store? Ask her to help you pick out drinks for the women at your cookout—and then invite her to stop by for a cold one.

### 03/ Get Sweaty with Women

Play Ultimate Frisbee or coed softball—women flock to these rec sports, a Grand Valley State University study reports. After a game, propose beers with the team so you can secure face time with any hot prospects. “Men are turned on by side-by-side tasks,” says Barbara Keesling, Ph.D., author of *The Good Girl’s Guide to Bad Girl Sex*, “but women prefer face-to-face contact.”

### 04/ Vacation in Girlville

Skip Hollywood and take a trip to Glendale, California. An easily walkable city, this Los

### START SAVING LIVES

Volunteer at a local triathlon.

It’s a one-day commitment and an easy way to meet (and impress) fit women.

In a Cornell University study, women favored altruistic guys for both relationships and one-night stands.

Angeles suburb is a top spot for finding single ladies, a Zillow analysis found. Stroll Forest Lawn Memorial Park or hit the outdoor shops at the Americana at Brand.

### 06/ Fly Solo at Weddings

Before you whine about all those summer weddings, consider this: The romantic setting primes the bride’s single gal pals for pairing off. And as a friend of the couple, you’ve been prescreened. Wear your best tailored suit: Men in custom suits are seen as more successful and confident than guys in off-the-rack attire, a British study shows.

# 05



### 08/ Invite Her to Play

Drooling over her string bikini is not your way in. "Women don't trust guys who do that—they feel vulnerable in beach situations, when they're in minimal clothing," says Hartman. So invite her and her friends to play volleyball or to kneeboard in the surf. If your approach is social, not sexual, she's more likely to say yes.



Styling: Tiffany Horn; hair and makeup: Keira Moore/Vita Liberata/KeiraInnmore.com



## PIQUE HER INTEREST

### 09/ Let Her Lead the Way

Your new pickup line: "Can you point me to the art museum?" In a French study, men who asked for directions before inviting a woman to grab a drink were nearly five times as likely to secure a date as those who skipped straight to asking her out. "It's easier for a woman to say yes to something big after she's said yes to something small," explains Hartman. Suggest a place that's within walking distance so it's convenient and nonthreatening.

### 10/ Stock Your Beach Cooler Carefully

Women love margaritas and mai tais, of course, but if you're offering a new girl a drink, beer or bottled water is best. Why? A sealed beverage seems safer, says Hartman.

### 11/ Look Your Coolest

We know: Your Hawaiian shirt is ironically stylish. But 82 percent of women hate them, a Match.com poll found. The look the ladies said they prefer: khaki shorts, a polo shirt, and aviator shades.

### 12/ Tame the Beast

If you let your chest hair run wild all winter, you need to shed your fur for shirtless season. In a Remington survey, 40 percent of women said trimmed, not shaved, chest hair is ideal. Use clippers to cut it down to a half inch. (See this issue's *Advantage: Grooming*.)

### 13/ Take Up Salsa Dancing

Yes, salsa-dancing attire is reminiscent of Ricky Martin. But the guys willing to wear the tight tees are onto something. "Salsa clubs are packed with sexy women looking for guys who know how to dance, no matter what those guys look like," says Brandy Engler, Ph.D., an L.A. sex therapist and the author of *The Men on My Couch*. "Salsa is

extremely sexy. The man is the leader and controls the woman's body in a very erotic way." Take a few lessons to master it—you may even catch the eye of a woman in class—and then hit the club scene.

### 14/ Flaunt Your Skills

The recipe for a boring first date: Take her to her favorite restaurant. "Guys often make the mistake of designing dates around the things she likes to do," says Engler. The smarter strategy: Push her out of her element. Engler cites an early date with her husband as proof: "He took me to the Sierra Nevadas, a place I'd never go alone," she recalls. "Then he said, 'We're going fishing.' He cleaned the fish, cooked it, and hand-fed it to me. He was so confident. These little feats of masculinity really turn women on." Are you an ace at baseball? Play catch together. A grillmaster? Plan an intimate backyard barbecue for two. You get the idea.



## MAKE YOUR MOVE

### 15/ Show Her the Bloomers

Take your date on a botanical garden tour. "It shows her you're an open-minded guy who appreciates aesthetics," says Hartman. If that doesn't seal the deal, the blooms will. In a French study, women exposed to flowers rated a man as sexier.

### 16/ Pack a Picnic

Spreading out a blanket at the park is sweet, but picnicking where there's privacy—a scenic overlook, for example—is hot. Bring a citronella candle to ward off bugs and set the mood. And pack fresh fruit: "The sexiest fruits—peaches, strawberries—are in season," says Engler. "You can drizzle the juice on her breasts and lick it off."

### UNPLUG ON VACATION

Working while on vacation is an intimacy killer. "It tells her that your work is more important than she is. At least that's how she'll interpret it," says Hartman. If you can't unplug, set aside an hour to work as she sunbathes. When that hour is up, switch off completely.

### 18/ Drench Her T-Shirt

Break out the Super Soakers. "A bit of competition raises testosterone levels in both men and women," says Engler. "That may give women, especially, a jolt to the libido." Bonus if you both wear white T-shirts.

### 19/ Run in the Rain

*The Notebook* has spawned legions of women who fantasize about making out in the rain. Take it up a notch: "I used to run with my boyfriend in the rain," says Engler. "There's something sexy about letting it pour on you, your clothes sticking to your body." Pause to rest, and then while her heart is still racing, go in for a kiss.

### 20/ Get Dirty

Spend a Saturday together trimming your bushes. (Not those bushes!) And forget the gloves. "If you're willing to get dirty, yard work can be sexy—the muddiness, hosing each other off afterward," says Engler.

### 21/ Adore Her Body

That glimpse of thigh under her sundress, the curve of her breasts in her bikini—don't just look: Admire. "Say, 'Take your top off. I want to look at you' or 'Pull that skirt up a little.' Then look with an appreciative eye," says Engler. "Women instinctively respond to that—as long as it's said with adoration."

### 22/ Take One More Trip

You've already lounged on the beach and escaped to a B&B—what more could she want? One more vacation. Sixty-five percent of travelers think adding romantic getaways would enhance their relationship, a Hotwire.com survey reveals. Another poll found that couples who travel together have a better sex life. "The instant you put some women in a hotel, boom, they go for the bed," says Keesling. "It's big and invit-

**Two Tickets to Paradise**  
Some 327 women told us which vacations prime them for sex—and which ensure separate beds.

#### VACATIONS THAT TURN HER ON

- 1 TROPICAL BEACH VACATION
- 2 EUROPEAN TOUR
- 3 BED-AND-BREAKFAST IN THE COUNTRY
- 4 WINE COUNTRY TRIP
- 5 CRUISE

#### TRIPS THAT WON'T SEDUCE HER

- 1 SAFARI
- 2 GAMBLING TRIP
- 3 CHARITY WORK
- 4 WEDDING
- 5 THEME PARK

#### THE MOST ROMANTIC U.S. HOTELS

- 1 BARDESSONO, YOUNTVILLE, CA
- 2 KOA KEA HOTEL & RESORT, KOLOA, HI
- 3 INN OF THE FIVE GRACES, SANTA FE, NM
- 4 POST RANCH INN, BIG SUR, CA
- 5 HONOR MANSION, HEALDSBURG, CA

Source: TripAdvisor

ing, and the idea that people may hear you having sex is a turn-on.”

### 23/ Pamper Her

Before you book a flight, plug in your travel dates at [seatguru.com](http://seatguru.com). The site will generate a list of available flights, along with the comfort level of the seats you'd be booking. (Hey, if she can stretch out, she may be more willing to hook up in the empty row 37 at 3 a.m.) And prearrange the hotel's honeymoon package—champagne in the room, a fruit tray, plush robes—even if you're not newlyweds.

You'll have to shell out a little more cash, but the extra effort is bound to pay big dividends in bed.

### 24/ Split Up for a Day

Seven days of nonstop togetherness can drive even the most committed couple crazy. So set aside a day of your vacation to go your separate ways—she shops, you play golf, say. Instead of reuniting at the hotel, meet up at a restaurant, says Hartman. That way, your reunion seems like a date—and heading back to the hotel afterward feels a little bit naughty.



## DESTINATION: SEX

### 26/ Hook Up in the Fitting Room

She'll probably say no if you invite yourself along for bikini shopping. (Fitting-room lighting is a serious threat to a woman's confidence.) So suggest she tag along when you shop for new swim trunks instead—and make sure you choose stores where the fitting rooms are unattended. “If she admires your body, capitalize on that: Start kissing her,” suggests Hartman. “Then see how she responds to your touching her.” Hartman's advice: Stick to oral or manual stimulation since intercourse can be tough to pull off quickly and quietly.

### 27/ Play Naked Games

If you have access to a private pool, play a game of naked Marco Polo. “Turning an innocent childhood game into something naughty is always fun,” says Keesling. No pool? Take her to a lake, where the water is murky and protective, suggests Hartman. If she's not comfortable stripping down, play in your underwear instead. It seems sexier, somehow, than a bathing suit.

### 28/ Master Pool Sex

The pool is *not* the place to experiment. You need to dive in with a plan, or you could

end up in deep water. Stick to these three positions: (1) Standing in water up to your collarbones. She leans against the wall, you lean into her. (2) On the stairs. She sits on the steps, you stand in front of her. (3) Rear entry. She leans over a sturdy pool mat, you stand behind her. “Keep it smooth and slow,” says Keesling. This minimizes the amount of water that can surge inside her and wash away her natural lubricant. Need more glide? Grab silicone-based lube, like Wet Platinum (\$10, [stayswetlonger.com](http://stayswetlonger.com)).

### 29/ Hook Up Under the Shower

Mark these days on your calendar: August 10, 11, and 12. That's when the Perseid meteor shower is visible in the Northern Hemisphere—and when you need to take your girl camping, says Hartman. Spread out a blanket, watch the show, and go at it like the world is ending.

### 30/ Tease Her with Temperature

Here's a hot way to refresh your sex life: As you stimulate her clitoris, apply a little cooling lube, such as Wet Ecstasy (\$12 and up, [stayswetlonger.com](http://stayswetlonger.com)). A few minutes later, press a warm washcloth against her genitals. “The change in temperature is very stimulating,” says Hartman.

### 31/ Make Ice Play Fun

Applying an ice chip to her nipples may provoke squeals and an areola erection, but applying ice down below is often more shocking than sexy. If you're still gung ho about ice play, coat your cubes in silicone lube first, recommends Hartman. She'll still feel the cold sensation, without being as miserable as Kate Upton in Antarctica.

### 32/ Turn Off the AC

Switch off the air conditioner, close the windows, and turn off the fans. Then have sex. “Seeing your partner sweat can be a turn-on,” says Hartman. Even if you know she's sweating because the room is hot, you subconsciously credit your steamy romp.

## BE A SWINGER

Sex in a swaying hammock or swing is an easy way to add power to your piston. “For the hammock, spooning sex is best. If you're both lying on your side, no one's back is arching too much,” says Hartman. “In a swing, the woman on top straddling you is easiest.” Even if the sex is a total fail, the encounter can still be a success. “Being creative, trying stuff in weird places or positions, and having it not quite work out can be really fun,” says Hartman. “Just laugh about it.”

### 25/ Praise Her Hard Work

If your girlfriend has been carefully prepping for bikini season, be sure to compliment her success when she slips into her suit: “Wow, your stomach looks so flat!” In a recent British survey, women said that receiving a compliment boosts their mood more than chocolate does.