



you wanna have sex **where?**

Despite the potential for getting sand in all kinds of uncomfortable places, **36 percent of us fantasize about having sex on the beach**—making it the most popular sexual fantasy, according to a mypleasure.com poll. Other favorite fantasy spots: Nearly a quarter of people surveyed want to make love in a Jacuzzi, while 19 percent crave nothing more exotic than their own bed. Only 7 percent imagine joining the mile-high club—guess our wildest dreams are pretty down-to-earth after all.

your ^{most secret} sex question

Q: Sometimes my guy gets turned on and we have sex, but he doesn't—or can't—finish. What's wrong?

A: If it's only once in a while, it's probably just due to temporary stress or fatigue, and isn't a cause for concern. But if it happens more regularly, there could be a bigger underlying cause. Antidepressants can be to blame for up to 80 percent of cases of inhibited arousal and delayed ejaculation in men, says REDBOOK Love Network expert Ian Kerner, Ph.D., author of *He Comes Next*. Switching meds may help eliminate this side effect. And if he's not on meds?

"He might be stressed-out at work, feel worried about pregnancy or STDs, or wonder how he is in bed," says Kerner. "Talk to him about what's making him anxious. Or, suggest that he meet with a sex therapist—find one at aasect.org—to help him figure out whether the issue is psychological or physiological." Condoms and alcohol can also interfere with his ability to finish, so try having less wine at dinner or opting for thinner condoms.



3 reasons to love a lube

Lubricants for women are more widely available than ever, and 70 percent of Americans have used a lube during sex, according to Durex's 2005 Global Sex Survey. Still squeamish? REDBOOK Love Network expert Lou Paget, author of *365 Days of Sensational Sex*, explains the benefits:

1) You'll have smoother sex. Even if dryness isn't a problem for you, lubricants can make for smoother (and sexier!) sailing during the act. "When there's no worry over hurting or pulling the skin," says Paget, "you can focus entirely on the fun."

2) You'll last longer. During a marathon sex session, you can dry out even if you're totally turned on. "Mother Nature never intended for us to have our privates

exposed to air for long periods of time," explains Paget. A few drops of lube can extend between-the-sheets action by allowing your body to handle more, and in turn crave more, stimulation.

3) You'll up the excitement. Beyond their purely practical benefits, lubes can help you spice things up by adding sexy sensations, such as warming, tingling, even fun flavors (passion fruit, anyone?).



Three to try:

Oceanus Carrageenan
(\$11, oceanusbrands.com);
KY Sensual Silk Personal Lubricant (\$11, drugstore.com);
Kama Sutra Love Liquid
(\$12, drugstore.com).