

mxShagpile



PECKING GORDER

A simple kiss has much more power than you think, as **NADIA SALEMME** explains.

Whether it's pashing, puckering up, making out, snogging or smooching to you, kissing should be on everyone's lips.

Even though it's an intimate moment between lovers (or even someone you've just met), there's actually science behind the snog.

Dr Sally Cockburn, aka Dr Feelgood, says the lips are one of the most sensitive parts of the body.

"The lips are represented on your brain in a very large area so you can really feel a lot with your lips," she said.

Tracey Cox, sexpert and author of *Hot Sex: How To Do It*, suggested that couples try a champagne kiss to stir up their pashing practices.

"Take a gulp of chilled champagne into your mouth, resist the urge to swallow and hold it there," she said. "Next lean over and kiss your partner, letting a tiny amount of champagne trickle into their mouth."

"It's even better if some overflows down the sides of their mouth – you've got the perfect excuse to lick it."

While the amount of kissing a couple does usually wanes after they've been together for a while, Cockburn insists that long-term lovers should make the effort to pash regularly.

"With your partner remember to explore that you have lips and you also have a tongue," she said.

"Kissing is something you should do a lot."

"But one of the things about kissing is you've got

to be careful because what you enjoy may not be what someone else enjoys."

She suggested that when gearing up for the first meaningful pash in a new relationship, the kisser should ease into the smooch rather than make it hot and heavy too soon.

"Don't slam your tongue down their throat because I think that's a little full on – less is more," she said. "Maybe straight for the mouth is a bit too much."

She suggested a peck on the palm of the hand, cheek or neck as ideal places to prime your partner before a full-on kiss.

"It's a little bit distant and you're not entering the person's personal space quite as much," Cockburn said.

And where to once the lip lock has landed? "As for erogenous zones, well, it really depends on the person," Cockburn said.

"You should test them out and watch their reactions. 'There's the shoulders, back of neck and other interesting places where people need to be quite creative.'"

She suggests experimenting with your technique to avoid becoming a stale snogger.

"I think one of the biggest things is variation and to not just have one style of kissing," she said.

WHAT'S SO SPECIAL ABOUT SNOGGING?

Lisa Wilkinson, Weekend Sunrise

"There's nothing so underrated in relationships as a really great kiss. And it's not really something you can learn or even teach someone. The good news is, if the right ingredients are in place – affection, passion, sensitivity and that all-important, unmistakable, indefinable chemistry – it's the sort of thing that comes naturally. And what a darn good thing that is."

Jules Lund (top), Getaway and Torvill and Dean's Dancing on Ice

"I love kissing. I've had a girlfriend for six years so for me it's a connection. It's touching base with her. It's a way of plugging back into that relationship that makes you feel complete."

Andrew O'Keefe (above), Deal Or No Deal

"A kiss can be so many things – a statement, a question, an idle thought. But the best kisses are conversations. The exhilaration of my first romantic kiss was slightly overshadowed by the curious

taste combination of Kit Kat and Fanta. If you're reading this Sabine, you might make a mental note of that for next time."

WHAT'S YOUR FAVE STYLE OF SMOOCHING?

Axle Whitehead, Video Hits

"I'm one of those soft, gentle kissers. The more creative you are with kissing, the better. My fave part is the big lead-up before the pash. When you've discovered you're both into each other and then you sit there and not quite pash and you're just talking. It's giving me goosebumps thinking about it."

WHAT WAS YOUR FIRST LIP LOCK LIKE?

Kate Ritchie (left), Home and Away

"If I remember correctly it was while playing spin-the-bottle in sixth grade with a boy whose name escapes me. It was awful. I'm glad it got better with age."

Holly Brisley (left), Home and Away

"It was a game of truth-and-dare. All the boys playing were the children of my parents' friends. Us girls ended up kissing all three of them on the same night."

HOW WAS IT FOR YOU?



"Unfortunately, like plastic surgery, it's impossible to know beforehand whether sharing your fantasy is a good idea."

Being a memorable, earth-shattering lover often involves bravado.

And sometimes it involves trying things outside our comfort zone.

For example, I experienced great anxiety the first time a lover asked me for a striptease. Yes I may have seen Demi Moore in a film by the same name and I may have taken ballet at a young age, but I felt this in no way prepared me to shake my booty Shakira-style in the buff.

But when the music started playing, despite my fear – and an itchy boa – I turned to the greatest of sexual tricks: feigning confidence.

And while shimmying for my lover, I began to enjoy the exhibition – and the exhilaration that comes from being sexually bold.

We are taught that to make something you really want to happen, you need preparation and bravery. And this is the case when it comes to turning sexual fantasies into reality.

First decide which desires to claim. Many fantasies are so freaky they're the last thing you'd want to happen in real life. Often they reflect impersonal mass-produced commercial imagery whereby women are objectified, leading Dr Robert Stoller to describe fantasy as "private pornography."

Choose the fantasies you want to enact discriminately.

Secondly, decide if it's time for you and your fantasies to go public. Opening up about sexual desires to your bed-partner may foster intimacy between you – if not threesomes.

Indeed, you may

well learn that you and your sweetheart have corresponding fantasies (public sex) or complementary fantasies (you like to spank, he gets off being scolded). The possibilities are endless.

Be warned: according to Masters and Johnson revealing your fantasy may give your partner a distorted view of your overall preferences.

For example, a first date is not an ideal time to disclose your penchant for cross-dressing.

Sharing fantasies may also result in your partner feeling pressure to play it out. Or they may become jealous, particularly if they think your fantasy signifies dissatisfaction or a desire to be with someone else.

Unfortunately, like plastic surgery, it's impossible to know beforehand whether sharing your fantasy is a good idea.

Thirdly, play act. Think Year 12 drama. Many fantasies are unrealisable. Your sexual fantasy may involve the Australian ski team, but when are they ever in Australia?

Asking your honey to bring a ski mask and poles into the bedroom may suffice. Turn off the heating to create a more authentic environment. Brrrr. Or for better odds, target your local footy team. Go Blues.

Fourth, enact your sexual fantasy. Join a swingers' club. Make love on a trapeze. Sadly, in most cases, people often find living out their sexual fantasy disappointing. Helen Singer Kaplan wrote that sex is composed of fantasies and friction. Personally I prefer the latter.

– DR BELLA

BTW

Questions, thoughts, sexual tips? Email me at dearbella@mxnet.com.au