

Tips to up your sexual antennae

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Try as you might, you can't escape it. Sex dominates everything — the media, our movies and drawing room conversations.

One of the most respected management guru Abraham Maslow's famous hierarchy of needs theory places sex at the very first level along with breathing, food, water, excretion, homeostasis and sleep. So lack of good sex can be directly equated with the effects of lack of good sleep or even a failure to have a good 'session' one morning!

A good sex life is part and parcel of healthy living. And what does this mean? It implies satisfaction with your partner and feeling sexually adequate. Also, a person who has a good sex life has good self-esteem and falls into the "I'm ok, you're ok category".

SCORCH THE BED

Interestingly, whether in Mumbai, Delhi, LA or Bangkok, most people who 'get lucky' assume that they are good in bed. That is, they believe they are able to satisfy their partners completely while satisfying themselves. But more than getting action, having a good sex life also means being able to last long enough to share a wonderful journey and yet not last so long that the journey turns into a punishment for the partner!

So what does it take to excel in bed as in other areas of life? As always, manwoman dynamics differ here too. While both have the need to be satiated, both take different routes for getting there. While a woman can have multiple orgasms and continue to have sex even after she's [exhausted](#), a man normally goes limp after he orgasms. So for a man, being able to last long enough to satisfy his partner is the primary concern.

Also, don't get carried away by the 'quantity' factor. It's quality that matters. Sex needn't be restricted to contortions and gymnastics in bed or in the sweaty back seat of a car. It's also not just about the act. Sexuality starts from the moment of first contact (even if it's just eye contact) and continues throughout the relationship for how many ever minutes, hours, weeks, months, years or decades it may last.

SPICE IT UP, DUDE

So how do you ensure your sex life is always rocking? Just remember these tips...

Look fit: A toned physique is undoubtedly the most potent turn-on. Even before the love-making session begins, the sight of toned abs, strong thighs and [muscular](#) arms makes you sexually desirable to your partner and starts the fire burning. Those who maintain a toned physique normally have higher confidence levels.

Be fit: A person who is fit is bound to have higher levels of stamina, strength, vitality and vigour than an unfit person. This is sure to catapult your sex life and even lead to higher satisfaction levels, for you and your partner alike. Obesity is one of the key physical reasons for erectile dysfunction. Therefore a [fit](#) person stands a better chance of satisfying his / her partner.

De-stress: Stress is one of the biggest killers of a healthy sex life as it leads to many problems, right from reduced stamina to simply not being in mood. So stay stress free. Remember, any problem is only as big as you allow it to be.

Eat right: Good sex demands a [healthy](#) diet with adequate zinc and proteins. Zinc is known for its aphrodisiac properties. Eat your way to a sizzling sex life with a diet rich in asparagus, onions, garlic and bananas.

Smell good: Aromas have the magical property of making your brain explode with sensations and feelings. Make sure you smell good at all times. If not for anything else, body odour and bad breath are repulsive to most people.

Dress well: Admit it, we are visual by nature. We always believe in what we see. So dress well, packaging is important. Don't forget the little details like nail polish, earrings, lipstick etc. Men, please don't ignore your accessories either. Most women tend to look at men's shoes very carefully.

Experiment: Don't restrict yourself in bed, experiment freely with your partner. If your partner suggests something you've never heard or dreamt off before, don't shoot down the idea harshly, it may stop him or her from giving any future suggestions. Explore each other with reckless abandon. It keeps the magic alive and the relationship ticking for years together.

Be genuine: Most of us are capable of identifying fake interest from the real thing. So be genuine in every aspect, it genuinely helps!

THE ALWAYS 'IN' LOOK

Ever noticed that the hottest male stars / models, etc normally appear hairless? Ever wondered why? The answer is simple: In pure marketing terms, their target audience is the female viewer. They appear hairless simply because it makes them look better and enhances their sex appeal.

So, while your demure Indian girl may never tell you this directly, do consider that just as you may like to see your woman hairless, smelling good, dressed well and fat free, your woman may also like to see you clean shaven, hairless, smelling good, well dressed, with a great body and dressed up just for her! What say, girls?

(Capt Vinod Nair is a life coach)

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