

GREAT GIFTS UNDER \$50 for Everyone on Your List

# ESSENCE®

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## 60 seconds to hotter sex

Forget perfume, whipped cream and the small fortune you're about to drop on some slinky lingerie. With this simple technique you'll be well on your way to the ultimate pleasure BY LYNNA FLOYD



You'll do sit-ups to whittle your middle and lunges to tone your thighs. But when's the last time you did Kegel exercises to strengthen your pubococcygeal (PC) muscle? Working out your PC muscle—which stretches from the pubic bone to the tailbone and is engaged when you squeeze your pelvic-floor muscle to stop urination—can make lovemaking explosive. “Strengthening the PC muscle almost guarantees a woman more pleasure during sex because the exercises heighten her response to vaginal stimulation,” explains Hilda Hutcherson, M.D., *ESSENCE* sex columnist and the author of *Pleasure: A Woman's Guide to Getting the Sex You Want, Need, and Deserve* (Putnam, January 2006). “And if the sex leads to orgasm, her orgasm will be much more intense and satisfying whether she's alone or with a partner.”

### STEP IT UP

As you're mastering this move, you may want to invest in a sex toy specifically designed to work your love muscle. Don't blow your dough on tools that overpromise (“You'll have the best orgasm of your life!”) Keep it simple. Some ideas:

**Keglcisor** (\$79.95, [keglcisor.com](http://keglcisor.com)) or **Betty's Vaginal Barbell**, a slightly lighter model that was designed by sexologist Betty Dodson (\$74.95, [bettydodson.com/barbellinfo.htm](http://bettydodson.com/barbellinfo.htm)): These vaginal barbells are made of metal and have balls on each end for an easy grip.

**Énergie** (\$49.95, [natural-contours.com](http://natural-contours.com)): This plastic-coated, ergonomically correct tool does double duty as a G-spot stimulator.

**GyneFlex** (two for \$39.95, [gyneflex.com](http://gyneflex.com)): The tension in these pretty plastic tongs varies so you can tailor it to your growing PC muscle strength.