

ALPHA MALE

Edited by Jonathan Thompson

All you need to lead in life

HER SECRET SEX WISH

Next time she reaches for a takeaway menu or watches *The Blue Planet*, she's yours. Here are the top five surprising times she wants sex – and how you can tick every box

1 WHEN SHE'S IN THE KITCHEN

It's no coincidence that when you watch Nigella your mind immediately strays to her cream puffs. "Cooking sparked the evolution of sexual behaviour," says Harvard professor of biological anthropology Richard Wrangham. "Back when food had to be gathered and stored, the chances of it being stolen were high. Women overcame this by offering meals and sexual favours to men who would protect them." **What to do** Lend a hand by preparing dessert. A study in *Psychology Today* showed that men who step up to the hob are twice as likely to get sex as those who can't take the heat in the kitchen. Choose your dish carefully too: research from the Smell And Taste Foundation in the US found the scent of vanilla, cinnamon and banana nut bread act as sexual arousers by increasing blood flow to the vagina. (NB: the food does not have to be in direct contact.)

2 A DAY AFTER SHE'S HAD A BRAZILIAN

A wax that is, not one of Big Phil's transfer targets. "Not only will she want her new, streamlined look to be admired, her skin will be ultra-responsive to touch in that area 24 hours after," says Siski Green, author of *How To Blow Her Mind In Bed* (Piaktus). "A day will also be long enough for any redness or tenderness to disappear." **What to do** "Remove her clothes slowly. She wants to feel like you appreciate the effort she has gone too," says Dr Pam Spurr, author of *Fabulous Foreplay* (JR Books). "Kiss her belly, working down to the crease between her leg and upper body; the skin here is ultra thin and veins are extremely close to the surface. Once you've reached her bikini line, gently lick her skin to stimulate even more nerve endings." As you consider going for a full back, crack, and sack wax yourself...

3 WHEN SHE'S HAD A BATH

There's a reason why the Cadbury's Flake woman used to savour her chocolate in the tub: "To women, a bubble bath is a sensory-deprivation tank: it shuts out noise, work, and responsibilities," says Dr Scott Haltzman, author of *The Secrets Of Happily Married Men* (Jossey Bass). "A fundamental of female sexual arousal is the ability to push concerns out of the mind. A hot bath is also arousing as it stimulates the senses with warmth and the texture of the bubbles," adds Green. "Women are socially conditioned to be aroused by a bath since ads associate it with decadence." **What to do** "Don't jump in; let her unwind," says Green. Stock the bathroom with a pot of Mario Badescu Cucumber Tonic Mask (£15.75, hqhair.com) and some Liquorice Allsort Cupcake candles (£4.95, corfecandles.co.uk). The Smell and Taste Foundation found these scents also increase blood flow to the vagina. Then all you've got to do is towel her down...

4 WHEN SHE FANCIES A CURRY

Unless she's demanding dansak after too much Chablis, her craving a curry means she's in the mood for spice in the bedroom: "Like sex, spicy foods stimulate the production of dopamine, the body's reward chemical, and also mimic the physiological effects of intercourse, like sweating and raised heart rate," says Green. "She says that she fancies a curry, but what she really fancies is you." And possibly poppadoms. **What to do** Stoke her fires with a Lindt Creation 70% Chocolate Chili bar (£2.59, benjis-direct.com) as an aperitif. The University of Sussex found women get more pleasure from eating chocolate than from 10 minutes' kissing. "Sharing food makes her feel closer to you and more likely to want sex," says human sexuality expert Dr Sadie Allison of ticklekitty.com. ▶