

# COSMOPOLITAN

THE  
FEARLESS  
ISSUE

## Kesha

"My Vulnerability Is  
My Strength"

# SEX You Crave!

Daring  
Moves  
That  
Feel  
**EXTRA**  
Awesome  
for You

# Your Sexiest Summer

- Beachy Hair
- 30 🔥 Swimsuits
- Total-Body Toners
- All the Fun!

## Texts From An Ex

You'll LOL  
At These  
OMFG  
Exchanges

**GYNO ALERT**

## The Down- There Ache You Should NEVER Ignore

THIS  
CUDDLE  
POSITION  
SEALS  
YOUR  
BOND

## Hot Guys + Surfboards

Trust Us, You'll Want to Ride Both

\$4.99


JUNE 2018



cosmopolitan.com



# Satisfy Your Sexual Hunger

A woman with blonde hair is lying on her back on a dark wooden floor. She is smiling and holding a red cup with a white lid. On her chest, there are two dollops of white whipped cream, each with a strawberry on top. The lighting is warm and focused on her.

## **Make Sex Sweeter, Not Messier**

Dedicate one top bedsheet to food play, suggests Megan Fleming, PhD. "Then throw it straight in the laundry." This way, you won't sleep on sticky, stained linens when you fall into a deep food and postsex slumber.



**Splashing:** Sounds kinda gross, but it can actually be really sexy. It's the act of playing with food to arouse your (and your partner's) carnal appetite.

But before you start hauling groceries into bed, know that only certain eats are pleasure inducing. Others are just a straight-up mess...or even hazardous. Then there's the golden rule of frisky food play: Safe sustenance can go all over the body but almost never inside the vagina, where it could cause infection, says New York ob-gyn Alyssa Dweck, MD, coauthor of *The Complete A to Z for Your V*. Follow this guide to naughty nibbles.

## Eff, Yes!

### Chocolate Sauce

Just a drizzle makes naked skin taste sinful, and it contains phenylethylamine, a compound linked to dopamine, a chemical your brain releases when you're in love. Have your partner spread some on your breasts and lap it up, suggests sexologist Susan Block, PhD.

### Pineapple

Eating the tart tropical fruit several hours before sex can sweeten the taste of your (and bae's) sexual fluids, says Block. And sharing a piece during a morning make-out can mask any less arousing flavors.

### Ice Pops

Oh look, your own melty phallus! Drive your guy crazy by teasing what's to come. Suck on the icy stick, then rub the tip against your nipples, stimulating your own

pleasure. Trail the cold pop along his penis before taking him in your mouth. The quick temperature shift can push his climax to new heights.

### Avocado

"It is full of vitamins E and B, which can increase your energy later," says sex and relationship therapist Megan Fleming, PhD. (Ideal for round two!) Place a slice on your lips, neck, collarbone, breasts, and inner thighs, and ask your mate to eat up while going down.

### Coconut Oil

The slippery stuff has a consistency similar to vaginal fluid, so it can act as a titillating natural lubricant. Slather some on his shaft and stroke him with your hand (penis colada, anyone?). If a little gets inside you, that's okay. Coconut oil may be the one food that doesn't wreak vag havoc, says Dr. Dweck. (Just don't use it with a latex condom, which could break.)

## Hell, No!

### Grapefruit

The grapefruit BJ—immortalized by Tiffany Haddish's character in *Girls Trip*—involves cutting a hole into the citrus fruit and then sliding it, along with your mouth, up and down his penis. The technique went viral online, but IRL it's not so hot. The juices can cause a painful burning sensation in a guy's urethra. "Steer clear," warns Dr. Dweck.

### Veggies

Although cucumbers and carrots may seem like cheap sex-toy alternatives, never rub them around or in your vagina. There's likely bacteria on their surfaces that can cause infection. "There are enough amazing vibrators out there that you shouldn't need a vegetable," adds Dr. Dweck.

### Cinnamon

The spice is a desiccant, which means it dries tissue quickly. If it gets on your vulva or in your V, it could cause irritation or inflammation. Keep it away from your guy's urethra too. "Putting cinnamon in any orifice other than the mouth is not advised," says Dr. Dweck.

### Hot Sauce

Be like Bey and keep some in your bag—then make sure it stays there. Spicy chili sauces can burn your skin and cause extremely unpleasant internal and external irritations for both of you. It's an absolute no-no in the bedroom. ■

### 4 FOODS TO EAT BEFORE SEX



**Honey** contains boron, a mineral that helps regulate estrogen and testosterone and may boost sexual arousal.



**Watermelon** is high in citrulline, an amino acid that primes your nether regions for sex.



**Pomegranate seeds** can raise the body's level of nitric oxide, helping with engorgement and girth.



**Coffee** will increase dopamine levels and help stimulate blood flow... everywhere.