

Female

JUL 2005

Must-read!
"My high-flying
job turned
me into an
ALCOHOLIC"

**How to get
what you want
for FREE!**

Turn to page 48

**Pamper
yourself!**

- ✓ luxe fashion
- ✓ relaxing spas
- ✓ million-dollar
makeup

**Dress to
attract
money...**

without spending
that much!

**THE CHEATER'S
GUIDE TO
INDULGENCE**
From snacking
to late-night
partying

**Real life
"WHY
I AM MY
BOYFRIEND'S
ATM!"**

**Jeanette
Aw shows
10 ways to
enjoy life**
(for next to nothing!)

**A haircut
from
David Gan's
Passion**
Worth every
dollar
you pay?





Why don't you...

Seduce your sweetie? When you are in the throes of sexual intercourse, your body produces the hormone oxytocin, which buffs you against colds and disease. And if you are too tired to get hot and heavy, just cuddle. Hugging and touching also produce this health-promoting hormone.



New period protection

The Instead® Softcup® is made of hypoallergenic, non-toxic, non-irritating and non-absorbent material, and is an alternative to using tampons and pads. Says Ruthi, a user: "My husband loves the idea that we can have 'clean' sex during this time of the month!"

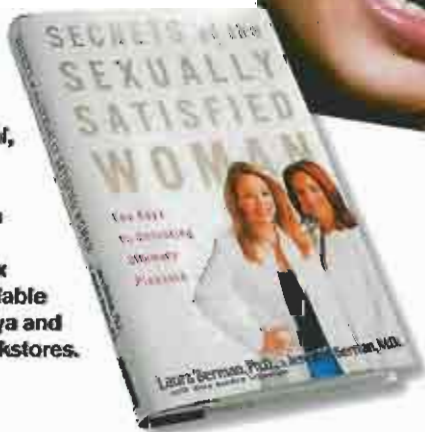
For more information, go to www.biocue.com.



Sex & Stuff

The book of love

In their new book *Secrets of Sexually Satisfied Women*, sisters Laura Berman, Ph.D. and Jennifer Berman M.D. reveal 10 keys to unlocking ultimate pleasure in your life. Filled with interviews with real women and smart advice that is both scientific and practical, reading the book is like consulting a smart older sister for sex advice. Available at Kinokuniya and leading bookstores.



Happy Orgasm Day!

In Espertantina, Brazil, 9 May is Orgasm Day. This year's celebration included a presentation of Eve Ensler's play *The Vagina Monologues* and a panel discussion by sexologists. Mayor Felipe Santolia says Orgasm Day

was declared to improve relations between married couples. "I've seen scientific studies that show when a woman is unloved, when her husband can't bring her to orgasm, it affects all aspects of her life, her relationships with her children, at home, with the city and at work!"

"Hey don't mock masturbation. It's sex with someone I love."

Woody Allen

SEX MOVE of the month

Woman bends over while man enters her from behind. Woman should part her legs at intervals to allow for deeper penetration.

