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**How to Feel Sexy and Have Sex Appeal:** Sex appeal is hard to pin down—it's a quality that draws you to someone, powerfully and instantly. But just because it's hard to understand doesn't mean that it's hard to cultivate for yourself. Confidence and flirtatiousness are universally sexy, while more specific tips and tricks break down along gender lines.

- 1. Make yourself feel sexy.** Whether you're going out for a night on the town, hanging out with your spouse, or going to school, if you want to up your sex appeal, make your own comfort and confidence a priority. For some of us, that might mean rocking a new pair of pumps and a tight-fitting dress, while others of us might feel more confident in a straight-forward shirt and pants. Whatever you're wearing, if you feel sexy, you'll be sexy. Try to find some kind of middle ground between the sweatpants-and-slippers level of comfort and the 6-inch-Louboutains level of super-sexy high fashion. You don't have to go all out like you're on the runway, but you do need to make sure your clothes are appropriately-fitted, clean, and that you're well-groomed and looking your best if you want to be comfy and feel great.
  - 2. Take care of your body.** Spend a little time each day grooming yourself and giving your body the care and attention it deserves. Hair, make-up, oral hygiene, and other little things can do wonders for your self-confidence. It's hard to feel sexy and project sex appeal if you're anxious that you don't smell great. Be confident that you've done everything necessary to look your best.
    - You don't have to be a chiseled hard-body to gain more confidence and pride in your appearance. But if you don't feel comfortable with your stomach, or some other part of your body, take care of it. Put work into your body to get fit and become more confident. Even losing a few pounds can drastically affect your self-confidence, and your sex appeal.
    - Start slow. Many people get turned off of the idea of losing weight because of overly-elaborate weight-loss schemes and complicated workout regimens. It doesn't have to be that complex. Start going on long walks instead of taking public transportation, or start doing short sets 5-10 each, of push-ups and sit-ups while you watch television. It'll go fast and help you start getting fit. You may even like it.
  - 3. Use open body language.** Practice working on your posture, keeping your shoulders back and your chin up to present yourself as someone who is open to conversation and to interaction. Stand up straight and project an appearance of comfort and confidence being in the world you inhabit. Even if you're on the train, exhausted after working all day, stand up straight. You never know whose eye you might catch. Closed body language includes slouching, crossing your arms, or burying your head into your telephone. If you want to seem unapproachable and icy, close off your body language and people will get the hint.
  - 4. Make decisions with confidence.** Trust your own judgment and your ability to pay attention to input from others, and choose what you think is best. You're just as capable as anyone of making the right choice. It's not sexy to hem and haw at the menu for 20 minutes while everyone else is done. Make a choice and be done with it. If you're getting together with friends to go out for the night, don't spend a lot of time second-guessing the club you're hitting up. Once you've pulled the
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trigger, let it go and be confident you've made the right choice. People are attracted to that.

- 5. Smile.** Maybe nothing is more simple but less obvious than a pleased, attractive, confident smile. Is there anything sexier than a good, genuine smile? To radiate sexiness, keep an amused half-smile on your face, regardless of what you're doing, but especially when talking or flirting with a cutie. You should look like you want to be there, not like your mind is elsewhere.
  - Smiling also draws people's attention to your mouth, dragging their mind into thoughts of kissing you. If you smile, you'll be that much closer to locking lips.
  - In fashion ads and runways, models always have a grimace or scowl locked on their face. While fashion models are a certain kind of sexy, that sexy is also unapproachable and "distant" by design. You're supposed to aspire to the product they're selling, a relationship you'd like to avoid when chatting up strangers and meeting singles.
- 6. Flirt boldly.** There are plenty of shrinking violets in the world, but people who are self-assured and comfortable are rare. Make yourself stand out by being unafraid to make a move: initiate flirting, speak clearly and confidently, and let the other person know you're interested. You don't have to be drop-dead handsome or a genius to be good at flirting. All it takes is self-assurance, a little bit of courage, and a sense of supply and demand. You'll make yourself irresistible.
- 7. Break the ice.** The scariest part of any flirt? Approaching someone. It's hard to feel confident and sexy when your palms are sweating and you're trying to think of something brilliant to say to a hottie. But breaking the ice doesn't need to be overly complicated. Gather yourself, use open body language and friendly, non-threatening posture, and lead with a basic question or observation to open up conversation.
  - Try to read the person to get some sense of their humor and attitude before making your move. If you've just seen someone roll their eyes at the super-drunk host of the party you're both at, walk up to them and say quietly, "This party is dead. I'm organizing a jailbreak, you in?" Ice broken.
  - Don't think too much about having a killer opening to your flirt. Introducing yourself and asking someone's name is a perfectly reasonable way of breaking the ice, as well as super-general questions, like, "What brings you here?" or "How's your night going?" You don't have to be Shakespeare.
  - Avoid lines. Looking at you, fellas. Jokey one-liners designed to break the ice more often have the effect of turning people off completely, making you seem unserious, immature, and ignorant. Never fall back on a dumb joke when you're trying to be sexy. It's not.
- 8. Make eye contact.** When you're trying to flirt with someone, don't look at the ground, or over their shoulder, or at the ceiling. Look them right in the eyes. Holding someone's gaze communicates both intimacy and confidence, and it's the easiest thing you can do to become a master flirter. Instant sex appeal.
- 9. Speak clearly.** When you're flirting, talk loud enough so someone won't have to struggle to hear you, enunciate your words, and try not to stumble over your words. Slow down and speak carefully. Don't rush through what you're trying to say. Be sexier than that. If you need a second to catch your breath and consider what you're going to say, take it! Buy yourself a little time by keeping eye contact and smiling. If the worst thing that happens to your friend is that a sexy and

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confident person smiles at them and loses the ability to speak, let's just say you're probably making someone's day.

**10. Don't forget to listen.** To get a good flirt going, you need to accomplish two things: portray yourself as an interesting and sexy person worth knowing, and to learn whether or not the person you're talking to is worth knowing. You can up your sex appeal by being a good, empathetic listener who's genuinely curious and interested in the other person. Practice good listening skills, paying close attention and responding thoughtfully. Don't one-up. It's not flirtatious to respond to someone's carefully told story or anecdote about getting a bat out of their house with an off-hand response to how you used to get hundreds of bats in your house as a kid and how it's not a big deal. It's not a competition. Empathize, don't perform or show off.

**11. Find the "door" in each sentence to keep the conversation moving forward.** If you're struggling to think of things to say to someone you're flirting with, ask questions and try to look for the next opening in the conversation. Think of it like you're in a hallway looking for doors you can walk through into other rooms of subjects.

- If someone says, "I just graduated," it might be tempting to ask, "What'd you study?" but that might not give you anything to work with if the answer is, "experimental particle physics with a minor in Latin." Instead, ask more open questions, like "How'd you like school?" or "What do you want to do with your degree?" Get to know the person on a more complicated level.
- Questions can go too far. Make sure you pay particularly close attention to the person's responses and body language to get a sense if you're over-stepping it into creeper territory. Don't bug people. If the person keeps turning away, as if they're looking for an out, or are giving you closed-off one-word answers, cut the conversation short and leave them alone. There's nothing sexy about overstaying your welcome.

**12. Focus on common ground.** When you're first entering into flirtatious conversation, resist the urge to launch into your life story, to start complaining about something, or to talk about esoteric concepts or ideas.

- If you do talk about yourself, keep it interesting. The mundane details of your day aren't as sexy and interesting as other topics of conversation. Think about what makes you unique, and find subtle ways to reference it without giving too much away.
- Dudes: stop "mansplaining". There's nothing sexy about assuming other people are ignorant and over explaining everything, as you would to a child. That woman you're "patiently" explaining Tesla to? She might be a history PhD who's now quietly praying for your demise.

**13. Reach out carefully.** Done appropriately, a gentle and friendly bit of touching can take your flirtation to the next level and can do a lot to attract someone. Done incorrectly, you can be a super-creeper with an eye full of mace. Use your judgment and always keep any attempt to touch someone you're flirting with in neutral territory like the arm, hand, or the shoulder. In general, men should not touch someone they're flirting with. It too often comes off as overly-aggressive and forward. Women should have the power in this situation, but can effectively communicate they're attracted by playfully pushing a shoulder, touching a hand or an arm.

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**14. Limit your exposure.** People tend to like things that are rare and novel, and lack of supply increases demand. If you want to stick in your flirt's mind, you've got to leave them wanting more. If it goes on too long, you might run out of things to say and leave on a sour note. Instead, come up with a quick out, and ask to exchange numbers, then make concrete plans to get together sometime. That's sexy. Uncomplicate the flirt by being totally honest. You don't have to come up with an elaborate excuse why you need to leave, just say, "Well, I'm going to get back to my friends, but I think I'm going to be thinking about your eyes all night. Can I give you my number? I'd love to have dinner sometime."

**15. Accept rejection gracefully.** If someone's not picking up on your obvious sex appeal, move on without comment. Like a duck, let that water roll off your back. Keeping yourself above petty squabbles and fights maintains an air of mystery, as well as leaving the door open if the other person changes his or her mind down the road. Plus, others will be impressed with your obvious confidence, which is inherently sexy. Attraction is complicated, and there are multiple reasons why it might not be there. Instead of acting bitter and hurt, maintain your friendly composure. Maybe you struck out with this person, but someone else could notice how your confidence seems untouchable.

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**After reviewing these ideas/suggestions what have you used before and what can you work on?**

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**Sex is more than a physical release, it is a way to intimately connect with another human.** But sometimes distractions can interfere with your ability to connect with your partner. Maybe it's work, school, or kids that dominate your time. Whatever your distraction is, sex is often the thing that gets kicked to the curb in your relationship. You don't have to let life get in the way of having the sex that you want to have, though. Keeping your sex life fresh and exciting is easy if you communicate and make an effort as partners to spice things up and have fun with each other in the bedroom (and elsewhere).

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**Relax Before Sex:** Use some relaxation techniques before becoming intimate with your partner. This will help take the focus off of performance. Strive to enjoy every moment of the experience. Take some deep breaths and consciously relax tight muscles.

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**What are some things that will help you relax?**

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**Concentrate on Foreplay:** Sometimes sex can start to feel scripted, like you're moving quickly from A to B to C. Slow down and focus on sensuality before diving into sex. Foreplay is about exciting both partners equally.

- Trade massages before you have sex, and spend a particular length of time exploring each other's bodies before you're allowed to move on. Make the touching part of sex as long and luxurious as possible. Put on soft music and make an evening of it. Take your time.
- Focus on pleasuring your partner and giving excitement. Then, revel in pleasure when it's returned to you.
- Many women benefit most from clitoral stimulation during foreplay.

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**What stimulates you or turns you on?**

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**Take your time.** Don't approach sex as something to do and then get done. Slow down and enjoy every aspect of sex. Experience the pleasure of being touched, and return the touch to your partner. Enjoy touching and being touched. Engage in non-sexual touching before moving onto sexual touch. Enjoy the feeling of your partner's body and take it slow. Practice sensate focus. This exercise helps build trust and intimacy over a gradual period of time (20–40 minutes), and helps relieve performance anxiety. Taking turns, engage in increasing touch with your partner. First start with non-sexual touch to your partner, touching the torso, arms, legs. Then include increasing sexual touch, around the breasts/nipples and groin area, but not touching genitals. Finally, engage in more sexual touch, including genital touch or light stimulation. You can choose to engage in sex afterward.

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**What do you like? What do you like to do to others?**

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**Be spontaneous.** One of the most common ways a sex life can become mundane is that it becomes a routine. Maybe you only ever have sex in the mornings, or on particular days when you get a break from work, school, or kids. Spice things up by having sex at unexpected times, in unexpected ways, or in unexpected places. Further, don't be afraid to masturbate; masturbation can be a healthy part of a relationship.

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**What are some ways you can be more spontaneous?**

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**Explore your kinky side.** If introducing toys and costumes into the bedroom seems exciting and fun for both of you, go for it. Be as kinky as you want to be. As long as your relationship puts honesty and communication first, there's no wrong way to have sex.

- Add to the fantasy with role-playing. You both could dress up in costumes and call each other by different names.
  - Blindfolds are easy ways to make sex suddenly touch-focused and different. If you're into it, go the sensory-deprivation route.
  - Some couples in long term relationships like to relive the early stages of their dating, when they couldn't get enough of one another. Plan to meet separately at a bar you used to frequent and pretend like you don't know each other. Go through all the motions of the first blind date, and pretend you don't know anything about the other's sexual likes. Go from there.
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## What would you like to try?

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**Making Sex Important in a Relationship.** Sometimes we get out of touch with our partners. We get too busy, something bad happens, or life gets in the way. There are ways to reconnect and rebuild that fire that got you together in the first place.

- 1. Talk about it.** Communicate with your partner about your desires, your turn-offs, and how you are feeling. Revisit this conversation often, as feelings, preferences, and life can change. Remember that couples frequently fight about sex, so it is important to keep communication open and clear to avoid resentment and frustration building up.
  - You may feel uncomfortable or vulnerable having a conversation with your partner about your sexuality, but try anyway. You could say, "Even though I have sex with you, I still feel kind of weird talking about having sex with you. But I want to talk with you about our sex life as a couple and how we can make it better."
  - Tell your partner what you like about your sex life and what turns you on. Talk about what you would like to change, or what puts you in the mood. You could say, "I really like it when we have sex in the shower and I would like to do that more often. I like it when we use toys. I wish we could have sex at least twice a week." Ask your partner what they like or would change about your sex life.
- 2. Show your partner what you like.** You both may find it very sexy to show your partner what you enjoy. Demonstrate how you masturbate to your partner, or place your partner's hands on your body and show them what to do. If you or your partner don't really know what you enjoy, experiment on yourselves or on each other. Masturbation is an important component of your sexual knowledge and health.
- 3. Be open to constructive criticism.** Whether you are discussing sex or actually in the middle of it, create an environment where you are both open to acknowledging when one of you isn't enjoying something. Sex makes us vulnerable, so it can be hard to handle criticism, but being too sensitive to receive it will create tension with your partner. If your partner says, "I don't really like it when you touch me like that," say, "I'm sorry. Can you show me what you like?" Don't take it personally. Even after many years, you will still have things to learn about each other.
- 4. Understand consent.** Discuss sexual consent with your partner. For an open, healthy sexual relationship, both of you need to understand what consent means for each other, and agree that consent can be withdrawn at any time.
  - For example, say you and your partner decide to have sex and you're getting ready with some foreplay. All of the sudden, your partner says, "You know what, I don't think I'm in the mood tonight." Immediately stop what you are doing and say, "Okay." See if they want to talk about it. Do not argue with them or try to coerce them into continuing.



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**Prioritizing Sex.** The importance of sex is different in every relationship but if you're feeling like something is lacking these steps can definitely help.

- 1. Physically connect with your partner.** The two of you may be kept apart by jobs and other responsibilities for a large portion of the day. When you are together, make it a point to be in close physical contact with the other person. Kiss, hug, and caress your partner. Even if you don't end up having sex, physical touch will help generate more intimacy between the two of you. It also helps you relax and improves your physical and emotional health. Consider setting time aside each day for the two of you to snuggle, hug, or just sit close with each other.
  - 2. Know what sets the mood.** Know your partner's turn-ons, and yours, too. Keep in mind these turn-ons may not necessarily be physical or sexual in nature. See if you can find a pattern in your lives together when you are both more amorous, and do your best to replicate those times!
  - 3. Create a romantic atmosphere.** Consider what you and your partner like to create a romantic, intimate mood. While you might not be able to have a heart made of rose petals on the bed every time, you can still make your environment romantic and special.
  - 4. Take care of chores for each other.** While this doesn't sound romantic, studies have shown how helping your partner with chores around the house can actually put them in the mood for sex, because they are less stressed with the household responsibilities hanging over their heads. Find out what chores your partner would like help with and do them without prompting.
  - 5. Go on a weekly date.** If the two of you have busy lives, you may struggle to find the time to reconnect. If you are not making time for each other outside of the bedroom, it will be difficult to make time inside the bedroom. A standing weekly date will help you both make your relationship a priority, which will enhance your sex life.
  - 6. Be ready with the necessary contraception.** If you are using contraception, have it ready to go or already be using it (if you are female in a heterosexual relationship and using the birth control pill, for example). That way you can relax and enjoy sex when the mood strikes, rather than having to worry about running to the pharmacy, or risking an unintended pregnancy or an STI (sexually transmitted infection).
  - 7. Schedule sex.** No, it's not romantic. But sometimes life gets in the way, and you are too busy or tired to make time for it. While it might feel awkward at first, and not at all spontaneous, you may eventually find yourself looking forward to that time of reconnecting with your partner. Discuss how often you want to have sex and come to an agreement. Mark the dates in your calendars so you don't forget.
    - Consider scheduling sex for a month or two to see if this is a strategy that works for you.
    - If you are having a hard time getting used to the idea of scheduling sex, consider that in the early days of your relationship, you likely inadvertently "scheduled" it. For example, when you first started dating, you may have known you would see your partner on Friday night and you anticipated that you would have sex that evening.
  - 8. Turn off the TV and other distractions.** It's easy to get sucked into binge-watching TV shows or getting lost in the internet in your free time, instead of spending that time connecting with your partner. Consider making a pact with your
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