

WEDDINGS MAGAZINE, MARCH 2004

Girltalk: Between the Sheets

If there's one occasion that warrants a love-fest between the sheets it's your wedding night. Yet, many brides discover that the stress and strain of organising their wedding has left them too tired for sex on the one night when it really matters. Worse still, some find their loss of desire continues throughout their honeymoon, and, horror of horrors, sometimes beyond that!

For women, sex is more cerebral than genital. So it's no wonder women lose their sexual urge in the weeks leading up to – and even after – their wedding. With a head brimming full of to-do lists, it can be difficult to turn off your mind and turn on your inner sex kitten. Come bedtime, brides are often so wound up and wiped out they can't understand how their grooms can be ready for some instant intimate action.

Unlike men, who can produce hard evidence that they are ready for sex at almost any moment, our arousal requires far more than the merely physical. An orgasm is delightful but, on its own, it never has and never will be enough incentive for most women. Any man who appreciates this one simple fact will find himself a veritable Casanova with a bride who appears to be too exhausted for sex.

It's hardly surprising that some brides lose their desire for sex in the lead-up to their wedding, says "love doctor" Diane Riley. "Their mind is usually filled with details about the wedding because they are handling so many things at once, while the groom-to-be is just focused on saying "I do,"" she says.

"A bride has to remember to keep things in perspective. It's important for her to nurture and look after her own goddess energy. Marriage is about celebrating the love she shares with her beloved – not about having a wedding that is 100 per cent perfect."

For a passionate start to married life, grooms should make sure their bride feels desired and appreciated, she says. "The groom could send love notes or try a bit of phone seduction – little reminders that their love and passion is the most important thing."

She also suggests the couple take a course in massage in the weeks leading up to the wedding. "That will start the process of de-stressing for the bride, and the couple can share their new skill in a sensual and playful way to help nourish their sexual desire."

Erotic Energisers

- Burn candles for a romantic glow. If they contain ylang-ylang essence they will have the added bonus of making your lovemaking livelier by reducing tension and slowing down your heart rate, which increases your ability to feel pleasure.
- Take a romantic novel on your honeymoon. A study found 85 per cent of women who read romance novels become turned on while doing so.
- You're more likely to get in touch with your inner vixen first thing in the morning. Melatonin, which is triggered by light, encourages deep sleep – the kind of sleep that prompts morning sexual arousal. When you are in deep REM sleep, your body switches off the mechanism that dampens erection, and will go into natural sexual arousal. The same is true for women.

Books to tuck under the groom's pillow

Sexual Secrets for Men – by Kerry Riley with Diane Riley

Great Sex Tips – by Anne Hooper
Extended Massive Orgasm – by Steve and Vera Bodansky
The Sex-Starved Marriage – by Michele Weiner Davis

Websites

www.australianschoolof Tantra.com.au

HOT STUFF

Book Your Honeymoon in a Tropical Island Paradise

- It's not just the undeniable feel-good factor induced by the sunshine. Sunlight makes you frisky by activating the pineal gland at the base of your brain to produce serotonin and melatonin, hormones that boost happy feelings and enhance sex drive.
- Rather than dampening your sex drive, a cold shower has the opposite effect. While researching thrombosis, scientists discovered that bathing in cold water boosted libido, by increasing the production of oestrogen in women and testosterone in men.
- Forget oysters – summer fruits such as papayas, mangoes and figs can boost your libido. These fruits are all high in beta-carotene, vital for production of sex hormones, and vitamin C to increase desire.