

COSMOPOLITAN

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**THE
HOT
ISSUE**

5,000 MEN TOOK IT

SEX SURVEY

- The Position They Crave
- Their Biggest Turn-off
- The Female Flex They Love

How to Read His Feelings Instantly

Love Being Naked!

17 Body-Confidence Boosters

GUYS UNCENSORED

You Won't Believe the Dirty Thoughts Dudes Have

WARNING:
FIRE EXTINGUISHER
NOT INCLUDED

KATE HUDSON
A Very Revealing Interview

SIZZLING SEX TIPS

End Your Summer With a Bang!

4 Gyno Mistakes You Must Learn About

The Best Jeans for Your Shape

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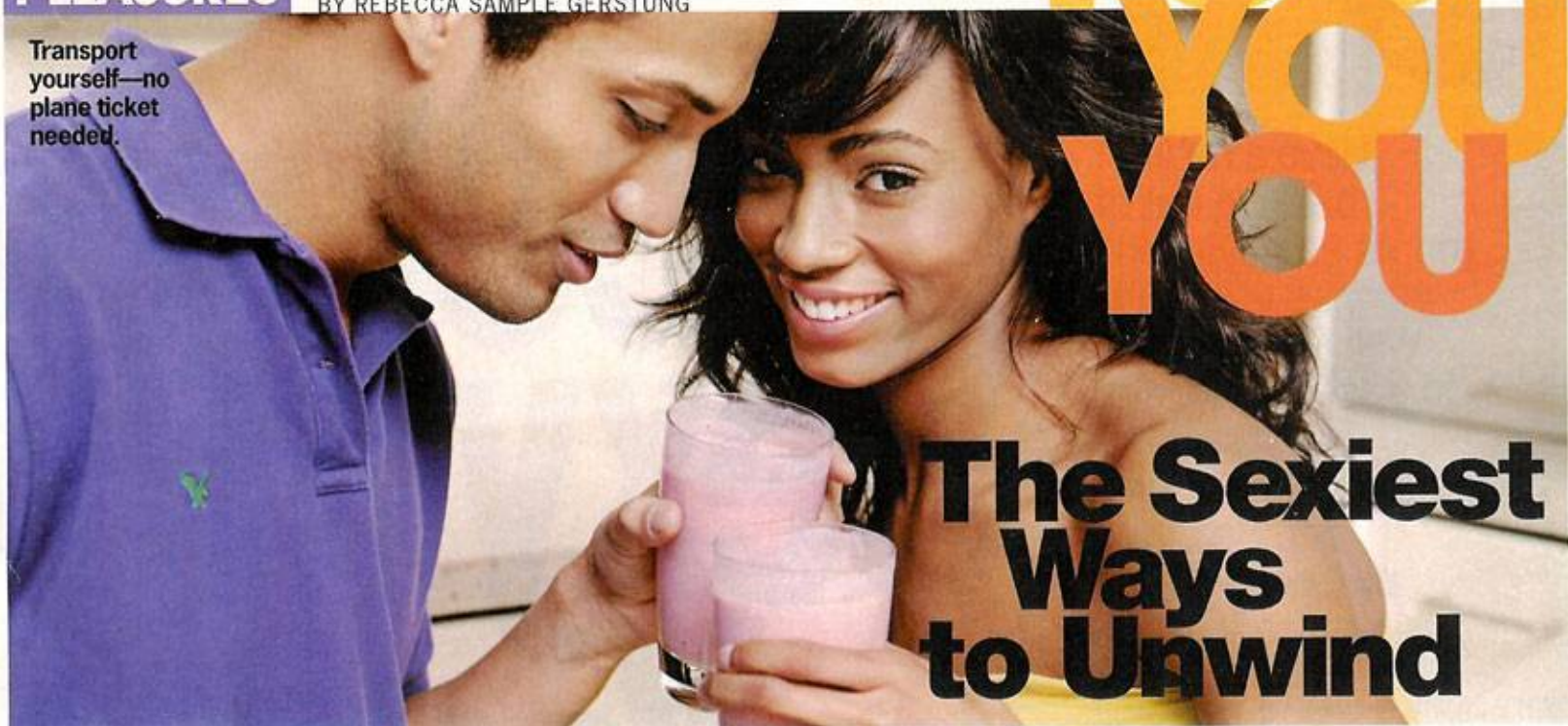
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PLEASURES

BY REBECCA SAMPLE GERSTUNG

Transport yourself—no plane ticket needed.

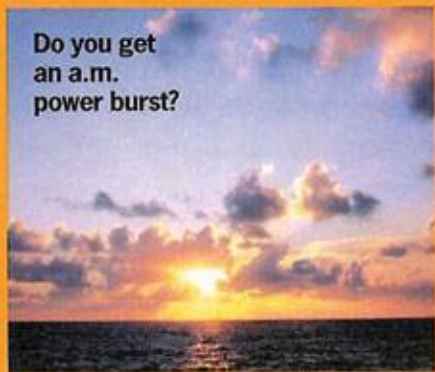


The Sexiest Ways to Unwind

QUICK LIFT Tap Your Prime Time

There's a certain window during the day when your engine is fully revved, and tapping into it will make you feel fab. "Most people have their highest energy in the first third of the day," says Robert Thayer, PhD, author of *Calm Energy: How People Regulate Mood With Food and Exercise*. "That means your peak is around high noon, with energy tapering off in the late afternoon." To max out your midday high, schedule key meetings, errands, or a hot nooner with your man. Need to get into rock-star mode for a date but feel sluggish? Take a quick walk before getting ready, says Thayer. You'll be primed for other action adventures later in the evening.

Do you get an a.m. power burst?

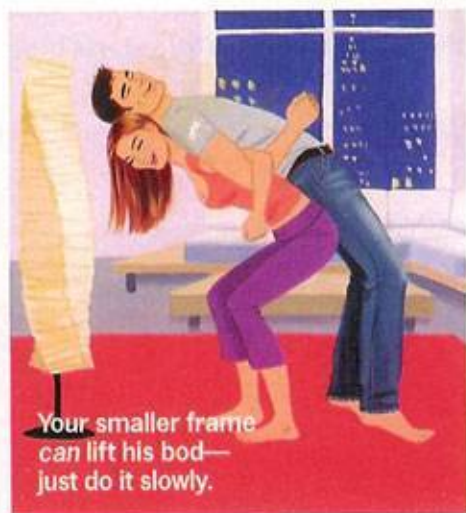


These easy, summer-appropriate moves are guaranteed to relax your mind and body almost instantly.

COOL YOUR HEELS POOLSIDE	Score a kiddie pool at a local supply store, fill it with cool water in your backyard, and set up a folding chair at the edge of it. Give your feet a chill thrill, then let them get toasty in the sun.
SIP A REJUVENATING ISLAND DRINK	Send your taste buds to the islands by whipping up a virgin strawberry daiquiri or a strawberry smoothie. These drinks have vitamin C and tons of water, so you'll stay hydrated while looking (and feeling) like you're temporarily on vacation.
REFRESH YOUR FACE SPA-STYLE	Instead of slapping on a face mask and hanging out in the bathroom, make the whole process more sensual. Slowly massage the mask onto your skin, slip on a luxe robe or bikini, and lounge outdoors as you feel your face tingle.
ORDER IN AN ELABORATE MEAL	Yes, it can even be Chinese takeout if you order more than one course, put it on a real plate, and eat it outside. A yummy salad, spicy cold noodles, and the summer breeze are a primo combo.

Try a Tandem Stretch

Wow your man with this move from Paul Frediani, a trainer at New York City's Equinox Fitness Clubs and coauthor of *SexFlex*. Stand with your backs to each other and your arms interlocked. Bend over at the waist so he comes up on his toes and is lying across your back. Gently rock him back and forth and hold for 5 to 30 seconds. Then switch. You'll both feel your shoulders, back, chest, abs, and hips blissfully loosen up.



Your smaller frame can lift his bod—just do it slowly.

HOT TIP: SLIP AN ICE CUBE OUT OF YOUR DRINK AND RUB IT ON THE INSIDE OF YOUR WRIST FOR A SENSUAL COOLDOWN.