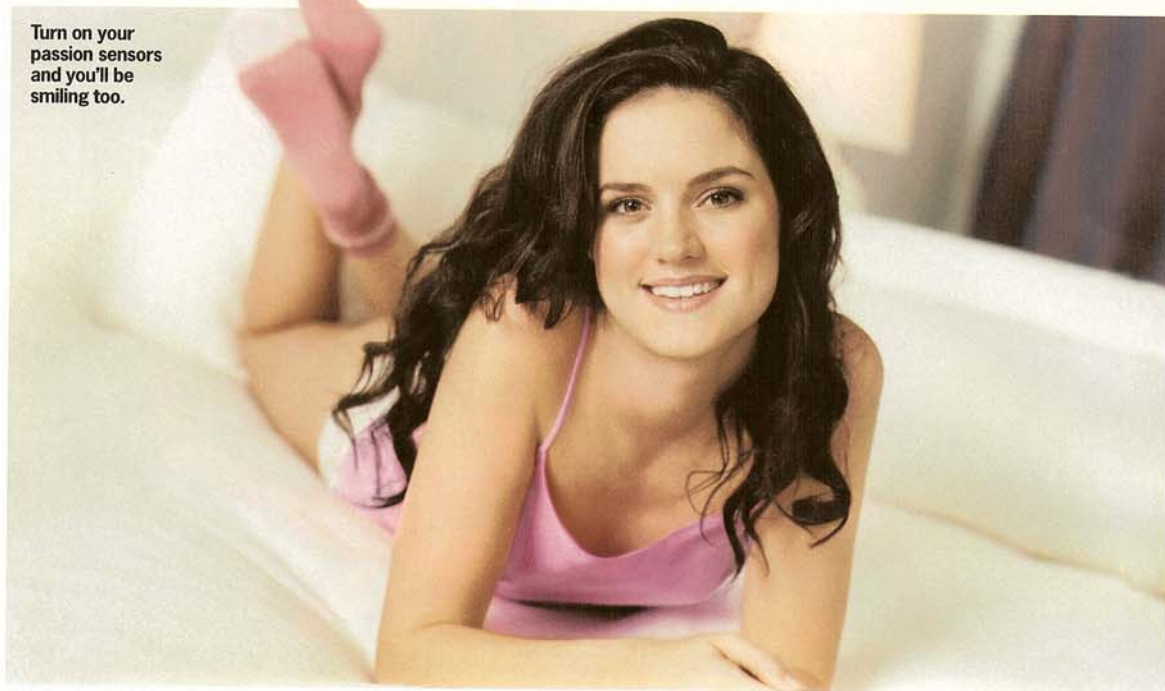


Turn on your passion sensors and you'll be smiling too.



hair: Searon McGrattan for Giorgio Armani Cosmetics. Camisole: Express Design Studio. Hot pants: Erica NYC.

Sensations Worth Surrendering To

Surprise! Relishing these day-to-day indulgences can turn you into a better lover and make sex more intense.

By Lisa Chudnofsky

■ Awakening—and strengthening—your responses to certain stimuli (feeling the soft touch of cashmere against your skin, getting a rush from a sexy stranger's lingering look) can make you feel more sensual in and out of bed. "You can't be open to great sex if you're closed off to the everyday thrills in the world around you," says Jennifer Berman, MD, founder and director of the Female Sexual Medicine Center at UCLA. "That's why indulging in these simple sensations can set the tone for more intense carnal gratification."

So read on to learn how to push your bliss buttons on a daily basis. Recognizing and relishing the following erotic opportunities is the ultimate way to deepen your sexual satisfaction.

A One-Glass Wine Buzz

The key to unlocking feel-good vibes is letting yourself unwind, and what better way to ease your frayed nerves than with a warm wine rush. "You'll start to feel hot and tingly all over because red wine is a vascular dilator, meaning it increases blood flow throughout your body, which helps your muscles relax," says Dr. Berman.

To fully take advantage of the boozy benefits, go slow, inhale as you take baby sips, and use a widemouthed glass so you get a good whiff. "The aroma can really trigger a sensory experience," says New York City wine consultant Lyle Kula. "A glass of wine is like a bouquet of flowers. There's so much wonderful fragrance that smelling it is a reward in itself."

Shower Power

Talk about missed opportunity: Instead of relishing the muscle-pounding water cascading over our bodies, most of us rush through our a.m. routine in less time than it takes to burn toast.

"If you actually focus on the sensations, you'll realize that the shower not only eases tension but clears your nasal

Pure Magnetism

You know when you lock eyes with a hunky stranger and butterflies start doing backflips in your stomach? Milk that feeling for all it's worth. "The butterfly effect is your body's way of alerting you to attraction," says Debbie Mandel, author of *Turn on Your Inner Light: Fitness for Body, Mind, and Soul*. "And nothing makes you feel sexier or more confident than desiring someone and being desired." So use that energy and stare back. You have nothing to lose... and a possible paramour to gain. ■