

# Lights, camera, ACTION!



INTIMATE sex scenes are tricky for those involved but a joy to watch. Fifty Shades star Dakota Johnson once said: "Filming a sex scene is not a sensual or pleasurable environment. It's really hot - not in a steamy, sexual way. It's just sweaty and it's not very comfortable." But over the years, actors have made raunchy clinches look simple. Here, RUTH HARRISON looks at some of the best sex-rated clips . . .

## TITANIC (12)



THIS scene in James Cameron's 1997 blockbuster gave a new meaning to steamy windows. Starring Leonardo DiCaprio as penniless Jack Dawson and Kate Winslet as first-class passenger Rose DeWitt Bukater, the story of their lustful romance while aboard the fateful ship Titanic climaxes in a famous car sex scene.

## 9½ WEEKS (18)

THIS 1986 favourite, starring Mickey Rourke and Kim Basinger, sent the calorie count rising along with viewers' temperatures as it made food from the fridge look pretty darn sexy. The hit flick sees the couple embark upon a kinky relationship that comes to a climax in a stunning blindfold-plus-food sex scene.



## BASIC INSTINCT (18)



KNICKERLESS Sharon Stone uncrossing her legs shocked cinema-goers in 1992. The sexual tension in this thriller was based on the cat and mouse game between Michael Douglas's police detective and crime novelist Catherine Tramell, played by Stone. And their sex scenes were just as raunchy.

## EYES WIDE SHUT (18)

POWER couple Nicole Kidman and Tom Cruise proved the spark was very much alive in their marriage in this 1999 thriller made two years before they parted. The film by Stanley Kubrick follows a married couple who embark on an odyssey of sexual discovery. Kidman has said she had to be "coaxed" into doing the kinky sex scenes.



## BETTY BLUE (18)



THEY say the French know how to do sex - and in this 1986 Gallic movie we're shown it at its most realistic, straight from the off with one of film's most-discussed opening sequences. Some shots looked so lifelike stars Beatrice Dalle and Jean-Hugues Anglade were said to have forgotten they were only acting.

# YOU AND IMPROVED

## GUIDE TO LOVE & SEX

By CLARE AXWORTHY  
**I'M tired. I don't mean "I had a bad night's sleep" tired. I mean chronically exhausted.**

It started after the birth of my eldest son Eddie, 12 years ago.

Then came two more children Sammy, now seven, and Annie, five. All the while juggling a job and for the past six months a major house renovation.

I barely have time to go to the toilet on my own, much less enjoy nookie any more. I'm not sure when our sex life fell away, probably somewhere between breastfeeding and remortgaging.

Either way, the sparks of electricity that made us so compatible in bed 14 years ago have well and truly fizzled.

Cue Mike Lousada. Mike offers sexual healing, not like Marvin Gaye but in the form of psychosexual therapy and body-work sessions.

From his website, I found bodywork takes two forms, intimate and non-intimate touch. His client testimonials talk in depth about orgasms experienced during therapy. While I want to fix my sex life, I'm not sure being touched by someone else will help.

I've tried to talk to my husband, Jon, about it before. We both promise to make a difference, to change, but inevitably we never do.

So how can Mike help? To say I've got sweaty hands as I ring his doorbell is an understatement.

Things don't get much better once our two-hour session at his huge home in London's Belgravia begins.

It costs between £150 and £200 an hour for Mike's hands-on approach, depending on the complexity of the client. First of all he asks me what I want to get out of our session. I meekly tell him about the lack of sex in my decade-long marriage.

### 'He tells me to get back to romance'

He asks me about my sex life, sexual history, number of partners, relationships with my parents, how I learned about sex, all without breaking eye contact.

I've never met a man who can hold a gaze quite like it and I'm soon telling him things I haven't told my best friends. He asks me how I feel after his, ahem, probing. When I try and get away with "fine" he doesn't skip a beat. "What does that mean?" He asks.

He reads between the lines of what I'm saying and with a line of questioning that would make Columbo seem clumsy he draws me to the conclusion that the problem with my sex life isn't what I thought it was.

Forget the long working hours, the meetings with the bank, the worries about the kids, Mike says my problem stems from the fact I'm awkward about the fact my husband has seen me give birth three times.

He coaxes out of me the fact that I've compartmentalised my role and apparently my genitals and that sexy up-for-anything Clare went out the window around the time of my first epidural.

I worried Jon had gone off me but it feels now like I've been the one who's put myself into the motherhood box rather than the frisky and sexy box.

In my psyche the two can't occur in the same person when Mike assures me they can. Next we move on to "body-work" - the non-intimate kind.

I lie on Mike's massage table while he explains that physical pain in the body carries emotion behind it.

I'm not sure I agree but before I can utter anything, a sharp pain hits my right hip where he's gently pressing in. I keep trying to take deep breaths but it's not easy. Mike tells me there's a lot of tension in me.

He moves on to pressing his hands into my chest by my heart. I'm trying to take deep breaths but it's not easy with his weight on me. Next he presses into muscles at the side of my ribs.

While I've only booked one session Mike says the tension in my body would take several sessions of bodywork to release entirely.

As he finishes, Mike gives me some "homework" to do



# Sexual healing

## HOW ORGASM GURU FIXED MY LOVE LIFE

with Jon. I'm to make time for intimacy, use early nights for exploring one another rather than sleeping.

Secondly he tells me to find sexuality through sensuality. Despite our drought on the jiggy front, Mike suggests not having sex.

He tells me to get back to romance - to kissing, touching, massaging. He reminds me it might be better for us not to have sex until we establish the lost frisson of excitement which comes from kissing and touching.

Thirdly he tells me it's OK to be vulnerable. I've been so preoccupied with how

I perceived I've forgotten that, at its essence sex is all about vulnerability and one fun-

damental attraction is seeing the one we love in a way no one else does.

Mike adds that if I can own that vulnerability, I'll be on the way to resuming a healthy, happy sex life.

As I leave his pad, I feel a bit like I've just had someone help me put the pieces of a puzzle in the right order. Back home with Jon, I can't wait to test what I've learned. With the kids in bed and us sat watching Netflix, I lean over for a kiss. A proper, with-tongues snog.

### 'The kiss becomes one of the nicest in a long time'

While I can feel the surprise in Jon's body I feel a familiar sense of vulnerability. I force myself to ride it out and try and own the vulnerability I'm feeling.

It works and rather than an awkward and clumsy exchange the kiss becomes one of the nicest we've had in a long time. I can see Jon is quizzical about where my pseudo-confidence has come from but any shenanigans are

nipped in the bud by Annie who comes trundling in having had a bad dream.

With her safely back in bed I have an early night reminding myself that sexuality comes through sensuality.

The following morning, for the first time in years, Jon's awake before the kids and while I'm still half asleep, he pulls me into a hug and another kiss, which awakens sense memories of our pre-child days. There is plenty of touching under PJs before Sammy charges in asking for a bagel.

I get up, leaving Jon wanting more. I'm getting used to this sensuality business. When evening comes neither of us can wait to get the children into bed.

We start with kissing and touching, I'm feeling much more sensual than normal and while it doesn't come as naturally as it did, I'm less inhibited, leaving the lights on and undressing slowly rather than hurriedly under the covers.

Where we normally have a quickie at best, Jon takes my cue and we slow things right down with lots of touching,

caressing and kissing before we get down to actually doing it.

I'd forgotten how sexy I find him and judging by how he's exploring my body, the feeling is mutual.

By the time we get going, there's a carnal desperation and desire rather than urgency in both of us but rather than rush, we take longer than we've taken in what feels like years. By the time we're both at breaking point, we've taken a step back in time to when I felt sexier, a time when all that mattered was us...in that second, that moment, that vulnerability.

Not to mention making acquaintance with the big O again!

After both having the best sex we've had in years if not a decade, there's no rush to get dressed.

We spend the rest of the evening in bed and when I wake up in the morning, it's with a huge smile on my face. Thanks Mike.

● See [mikelousada.com](http://mikelousada.com) to find out more.

## MIKE'S TOP 10 TIPS FOR THE BIG O.M.G.

### For her ♀

- Sex begins outside the bedroom. The more she gets in the mood beforehand, the more responsive she will be.
- Don't dive for her genitals. A woman's whole body is an erogenous zone.
- Take your time. Women can be slow to come to the boil but once they get going, they can bubble away for hours.
- Know your anatomy. Take time to learn where her pleasure zones are.
- Variety helps. In early stimulation, when you do get to the genitals, vary strokes from clitoris to labia to G-spot and back.
- Be consistent. When she is really aroused, find a rhythm that works for her and stick to it.
- Ask for feedback. Each woman is different and even the same woman likes a variety of touches. Simple words are usually enough to guide you - faster, slower, softer, harder.
- Combining internal and external stimulation means getting into a comfortable position. It will drive her wild with pleasure and she will love you for it.
- If she is finding it difficult to orgasm, don't make it your personal mission. The more you can be present with her and feel her body's responses in each moment, the more pleasure you will both have.
- Don't take it personally - if she can't orgasm, it is more likely to be a resistance in her than something you are doing (or not doing).

### For him ♂

- Men have bodies as well as genitals too. Giving pleasure to his whole body will build up sexual tension.
- Unlike women, who enjoy consistent touch, men like varied touch. Try a new stroke on his genitals every few minutes.
- Don't focus too much on the head of his penis, but on other areas.
- To help him slow his orgasm, use the stop-start technique. When he gets close, slow down your touch or move away.
- The orgasmic runway - get him to rate how close he is to orgasm out of 10, with 9 the point of no return and 10 being take-off. Get to 7 or 8 then slow down.
- Try edging - taking the man to the edge of his orgasm, then changing gear.
- For more advanced techniques, help him to orgasm without ejaculating. Play with the orgasmic runway a lot and he'll be able to have an orgasm without ejaculating. This means he will stay hard after orgasm.
- The male equivalent of the G-spot is his prostate (about two inches inside and up his bottom). Stimulating this while pleasuring his penis will drive him wild.
- Women long to feel full, men long to be empty, physically and energetically. When he ejaculates, gently squeeze up along his penis.
- It feels great for a man to have his genitals held after orgasm. It helps to release more endorphins and oxytocin, the bonding hormone.



NERVY... Clare submits to orgasm guru Mike's healing touch



# The ins and outs of sex parties . . .

THE Sun's sex survey revealed only seven per cent of people have ever been to a sex party. But some of you must be curious about pushing the boundaries with a partner or friend. Here, we get the lowdown on the parties from EMMA SAYLE, founder of members-only sex club Killing Kittens.

**Why did you start Killing Kittens?**  
It all began in 2005. Back then, I found the adult industry very male-dominated but gradually, perhaps thanks to the TV series Sex And The City, women started to feel comfortable talking about their sex life.

I wanted there to be a platform where women could explore their sexuality in a safe environment aimed purely at them, as all sex party set-ups were run by men. I wanted it to be more than just the parties - to be educational and become a brand embracing women's sexuality and female empowerment.

**What type of person attends a sex party?**  
Normal people. It's certainly not just businessmen and women or a certain class - it's people from all walks of life. The thing all of my clients have in common is they want to enjoy life, to explore it and experience new experiences.

**How will I know if I'd like one of your sex parties?**  
I'd say try it. How does anyone know they like or dislike anything until they've experienced it? At Killing Kittens, you don't have to do anything you don't want to do. You are not expected to have sex - but the environment is there if you'd like to experiment. Fifty per cent of attendees don't get naked, they just come for the party and the atmosphere.

**What are the rules at a sex party?**  
All parties are different - but ours are about the woman being in control. We have strict rules that mean single men can't attend and bitches have to wait to be approached. There's a posh champagne and oyster reception to start with and then it's just a big house party. It's definitely not all about sex!

**What do people wear?**  
It's about looking your best. We ask that everyone wears a cocktail dress and a mask. But do make sure you've picked out your best underwear.

**Are there any off-limits?**  
Pushy men are a big no-no at my sex parties.

**Is it expensive?**  
It's certainly not the cheapest sex party out there but you get what you pay for. Tickets range from £120 to £350 for a couple or as little as £30 for a single girl.

**What's your best advice for a newbie?**  
Just come along with an open mind and no expectations other than to watch and take it all in.

