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BEYOND KAMA SUTRA!

We Teach You How to Give Him the Most Intense Pleasure Possible

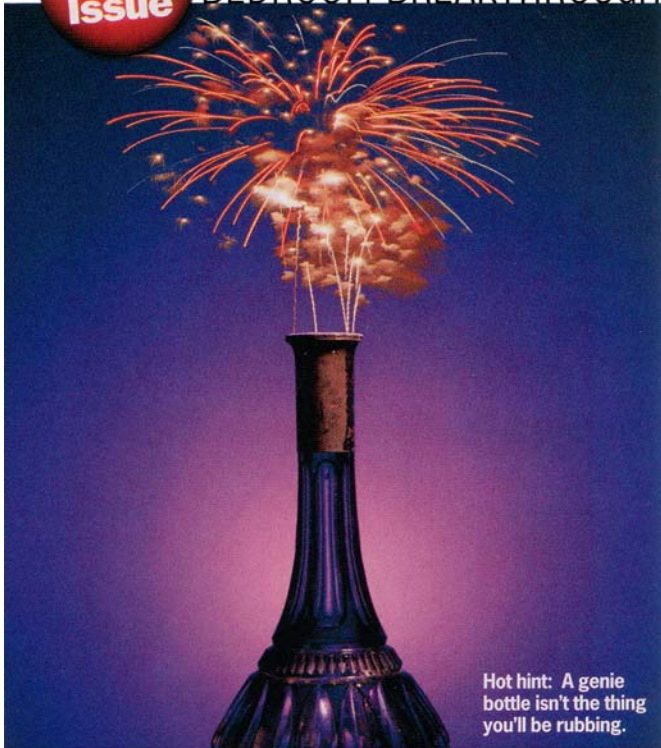
WARNING

The New Trick Rapists Use in Summer

20 Things You Should Unload From Your Life



BEDROOM BREAKTHROUGH



Better Sex in a Bottle?

Women everywhere are experimenting with products that supposedly give mattress action a major boost. Here, Cosmo explores this randy trend.

By Gina Zucker

* Excerpts from the Article

■ You've probably heard about guys who treat Viagra like carnal candy—they don't need the get-stiff-quick drug, they just POP it to give sex extra oomph. And though there's no equivalent prescription drug for females, there are a ton of over-the-counter creams and gels that aim to give women their own booty boost. "Many women are trying out new products that increase sensation," says Jennifer Berman, M.D., director of the Female Sexual Medicine Center at UCLA. Here's everything you need to know about the sexual-enhancer craze.

what's out there?

Cooling products (like Vigel Passion Gel and O'My Clitoral Stimulating Gel) usually contain menthol, which causes a cold burn tingle. There are also products that aim to increase blood flow down there: Zestra uses plant-based oils; while other products include an amino acid called L-arginine. Most of these Products are available online from their company Web sites.

do they really work?

Because most of these products aren't regulated by the FDA, they don't have to be tested with clinical trials. But according to Dr. Berman, the heating and cooling products and Zestra, which voluntarily conducted its own clinical trial, are all likely to produce the sensations they claim. The effectiveness of L-arginine, however, is unclear. Although there is scientific evidence that the amino acid dilates blood vessels when taken orally, Dr. Berman explains that using it topically may work, but it's experimental as of now.

are they safe?

If you have herpes, avoid products containing L-arginine, which can trigger outbreaks. If you're on any medication, you should check with your doctor to make sure it won't interact badly. (In most cases, birth-control pills are fine.)

how do I use them?

Gabrielle Morrissey, Ph.D., author of *Urge*, suggests trying a product alone first by rubbing a drop onto your vulva and just below your clitoris. If it feels good, the next time you're with your guy, have him dab it around the outer edges of your vagina, working his way in to your clitoris. You can also dab the warming or cooling gels on your nipples.

An added bonus: just paying more attention to your body is a sex booster, since the additional foreplay time required to apply the product may facilitate and intensify orgasms, explains Laura Berman, Ph.D., Jennifer's sister and director of the Berman Center, a sexual-health clinic in Chicago. ■