

The Surprising Reason You're So Tired (And The 1-Minute Way To Fix It)

REDBOOK

BALANCING FAMILY • WORK • LOVE • TIME FOR YOU

His Secret Sex Turn-Ons

The "Special" Kiss, A T-Shirt Trick, & The Touch Men Crave Like Crazy

7 Danger Signs Even Smart Doctors Miss
(This List Could Save Your Life)

Look Your LEANEST!
6 Moves That Slim Your Trouble Spots

\$125,000
OF FREE STUFF, p.21

- ★ Shopping Sprees
- ★ Room Makeovers
- ★ Fab Jewelry
- ★ Dream Vacations

● You & Him:
20 Sweet, Sexy Ways To Get Closer

10-SECOND
TENSION TAMERS
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The Real Julia

The Truth About Her Marriage, Those Baby Rumors — And The Secret That Keeps Her Smiling



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sexier sex



Can a cream increase arousal?

Redbook checks whether these products really heat up a sexual encounter:

Product:	What's in it:	Does it work?
Zestra (\$46.88, zestraforwomen.com)	This mixture of botanical oils dilates blood vessels in the area where it's applied, boosting circulation and intensifying sensations.	You bet. According to a study in the <i>Journal of Sex and Marital Therapy</i> , 85 percent of women reported increased arousal.
ProSensual (\$49.95, prosensual.com)	This cream contains phytoestrogens, which mimic estrogen, a hormone in the body that increases vaginal blood flow and lubrication.	Perhaps. According to a small study by the West Virginia Health Science Center, subjects felt double the clitoral sensations.
VibraFem Gel (\$21.95, vibrafem.net)	This gel contains L-Arginine (a chemical that boosts circulation and sensitivity) and menthol, which gives a cooling sensation.	The jury's out. There's no proof L-Arginine works this way; menthol can irritate vaginal tissue, says researcher David Ferguson, M.D.



ERIC CAHAN; STILLS BY SPENCER JONES

by Janis Graham and Pamela Lister