



# YOUR GUIDE TO LOVE, BEAUTY, HEALTH & LIVING IT UP!

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**SEX SECRETS**  
P. 54

**YOUR 2006**

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You've probably felt your kisses were good. Maybe even great. Perhaps you've had kisses that felt as flat as week-old ginger ale. Get ready to find out what's missing—from his point of view. **BY** Andréa Demirjian

# KISSING

*"A man's kiss is his signature."*

—Mae West

**O**n Valentine's Day, a woman's mind naturally strays to things like romance...love...and, of course, kissing. And how do you learn what a man wants when it comes to kissing? Go straight to the source! In honor of cozy Valentine's Day celebrations, we reveal what men love and don't love about smooching to bring you the ultimate handbook for perfecting your kisses. Pucker up!

*"Now a soft kiss—Aye, by that kiss, I vow an endless bliss."*

—John Keats

## WHAT A MAN WANTS FROM KISSING

*A Kiss—Does It Have Meaning?*

Hands down, men believe a kiss has full-bodied meaning. For them, it's a signal of what the future holds. An expression of love, happiness, intimacy, affection and even joy. It's the first physical sign of a connection, be it love or sex. A channeling of hormones. A start. The prelude to more fun.

*What Puts Him In The Mood To Kiss?*

Kissing might not just be about sex...but it sure gets his motor running! After saying kissing isn't always about sex, 39 percent of men, in response to a kissing survey, said the *possibility* of sex puts them in the mood to kiss.

So what else puts men in the mood to pucker up? Thirty-three percent said they were seduced by a bunch of feel-good things. A romantic setting of candles and soft music. Good food and wine, or a wonderful meal cooked at home. A smile. The look in her eyes. A woman's scent. Rainy days. Exercise. A relaxed mind. Intense and honest moments. And a combined 28 percent got that kissy feeling from a soft setting and nice *vino*.

*How Does A Man Feel About A Woman Making The First Move?*

We woman are often unsure about what to do here. Do we take the chance? Get rejected? Appear too easy? Or do we sit back? Wait? And possibly lose out?

So how does he feel if you were to kiss him first? Sixty-six percent said they like it when a woman seizes the opportunity. But while the men say they like a woman to

make the move, 33 percent were only into this sometimes, noting it's all about how the move is made.

So what are you to do with this? Trust

**Turns out, what guys want is really not that much different than what women want:**

## WHAT ARE KISSING TURN-ONS?

- Softness, warmth and tenderness.
- Passion and enthusiasm—even a little force.
- Moist, strong lips—lips shouldn't be flimsy or non-committal.
- A tongue that knows just how much and how little.
- Physical closeness.

GOOD KISS BAD KISS

# dream GIRLS

Do men have kissing fantasies? Sure. Their lusty minds wander just like ours. Here are their top picks for a celebrity liplock.

## HOT & SULTRY

Halle Berry  
Angelina Jolie  
Jennifer Lopez  
Vanessa Marcil  
Charlize Theron

## FRESH FACED

Elisha Cuthbert  
Scarlett Johansson  
Ashley Judd  
Diane Lane  
Jessica Simpson

## EXOTIC

Juliette Binoche  
Naomi Campbell  
Rosario Dawson  
Salma Hayek  
Lucy Liu

your instincts. But make sure his "kiss me" signal is as bright as the lights on a stadium JumboTron screen at night.

*"Kisses are the remnants of paradise."*

—Joseph Conrad

## HOW AND WHERE TO KISS HIM

*How Does A Man Like To Be Kissed?*

Ninety-nine percent of men want the kissing combo—deep and passionately, slow and gently, and with tongue. Each has its own place at the table of love. The key is to try a few different things.

*Where Does A Man Want Your Hands When You're Kissing?*

We all know kissing isn't just about contact with the mouth, lips and tongue. While kissing, men pretty much want your hands anywhere and everywhere.

Specifically, 33 percent of men like a woman's hands around their body. Another 33 percent like to have their face and neck stroked. 20 percent want your hands in their hair. And 14 percent want you coasting below their shoreline. Most of all, just stay close. And do what comes naturally.

- Good smells and tastes.
- Deep eye contact.
- Smiles and laughter.

## AND WHAT CAN KILL A KISS?

- Bad breath, dryness, unpleasant taste.
- No passion or fun.
- Smoking or chewing tobacco.
- Biting—a little nip is OK, but be careful!
- An overly active or crazy tongue.
- Bad attitude.
- Stiff, wooden lips or overall rigidity.

*"My child, if you finally decide to let a man kiss you, put your whole heart into it. No man likes to kiss a rock."*

—Lady Chesterfield

## HOW TO BE IRRESISTIBLY KISSABLE

*How Does A Woman Send "Kiss Me" Signals?*

Here are some *practical* body-speak tips that say, "Kiss me now. Kiss me well. And kiss me deep and long."

**Smile.** This tells him you're friendly, positive, happy and in a good mood—all the things a man will want to know before approaching you.

**Be welcoming.** Use your body to broadcast that you're "open for kissing." If you're at a party or bar or places where there are cute guys you'd like to smooch, stand with your arms to the side. Your charm and allure will be impossible to resist.

**Use your eyes.** The eyes are little "kiss me" flags. Look directly into his baby blues (or baby browns) and wave your banner. It communicates self-confidence, interest and it's hard to ignore.

**Give a little nod.** If you're talking with a guy and feel the *fuego*, give a little nod or tilt of the head as he regales you with his sports victories or business dealings. It shows a nice level of interest.

**Scootch in a little closer.** Assuming you're standing or seated next to him, move closer. Lean in. Tilt your head toward him. This creates a cozy, intimate feeling. By giving him your total attention, he will do the same for you.

**Get a little touchy-feely.** In this age of political correctness, we tend to be much more careful about touching someone, yet that doesn't mean we can't use touch when appropriate. So reach out. Gently touch his arm or hand. Maybe even put your hand on his leg if you're

feeling like a bobcat. And watch how your signal is received.

*What Attracts A Man To A Woman?*

Twenty-three percent of men said looks are the bait while 19 percent pointed to personality. But a combined majority of 60 percent are drawn to a mix of characteristics and traits, like your voice, your energy, the way you carry yourself, your kindness to others, that certain sex appeal and *je ne sais quoi*.

*What Makes A Woman Kissable?*

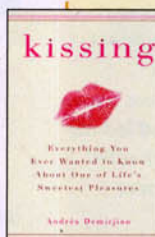
Forty-seven percent think it's that certain vibe or come-hither look. Twenty-six percent think it's something else: love, your eyes or having fun together.

So what's sexier: kissing a top model, a jokester or a brainy type? Humor came out on top with 35 percent of the vote. Another 35 percent believe romantic qualities make a woman sexy—your tenderness, your vulnerability, your mystery or your responsiveness. Only six percent said they go for the model types. But 24 percent would be turned on by a Lois Lane librarian type who could be a Super Girl in disguise. **C!!!**

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# KISSING



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