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## It's in his kiss

**If you believe a kiss is just a kiss, you've been conned. It's such an intimate act that prostitutes never let clients kiss them (allegedly). Want to recapture the closeness? Pucker up.**



*Every teenager knows kisses are an end in themselves, not just a preliminary to sex. There's mileage in them there lips.*

### **LUCKY LIPS**

We tend to be conscientious when it comes to countering smelly breath, reaching for mints or sprigs of parsley if we've eaten onions or garlic, but how many of us pay as much attention to the state of our lips? Call us sexist, but women tend to be better at looking after their lips than men (which may be why they're called chaps). So guys, if you're tempted to skip this section, stay a while. Chapped, rough or scratchy lips are a major turn off. Instead, think silky, supple lips, ready to take you wherever you want to go. Women get it wrong too, by overcompensating with lots of lipstick. It may be a good look for performers, but not for performance kissing. A daily slick of balm or flavoured gloss should keep your lips in perfect kissing condition. But avoid applying it just before going into action – slippery lips make sloppy kissers. If your lips are very chapped, try exfoliating them gently by covering

Here's an  
idea for  
you...

**Set aside at least fifteen minutes and have a no-tongues kissing session that doesn't lead anywhere else. Rub your lips together, kiss the corners of her mouth to make your partner smile and enjoy all the new and forgotten sensations.**

...and  
another

**Kissing and embracing is a vital part of any re-energising campaign. Start today and make kissing part of your daily routine. Practice kissing hello and goodbye, and take it from there.**

you don't mind, we'd like to pull you over for a speed check. Slow and romantic or fast and passionate, the speed of a kiss tells you a lot about the kisser's intentions. As a general rule, we suggest warming up and starting slow. Changing speed mid-kiss should be like changing gear, smoothly and at appropriate times. Try not to clunk or over-rev. Of course, sometimes we all like the thrill of going from 0 to 60 in three seconds, but not when we've just woken up.

them in balm and rubbing softly with a toothbrush. Now down to business. In books, kisses are often described as greedy or hungry, as if one person is eating the other. By all means nibble, but never swallow.

When you kiss, think about how you move your lips. Let them dance a little, playing with different degrees of friction and tension. Nibble, squeeze or trap your partner's bottom lip or tongue. Mess about and have fun.

## **FRENCH KISSING**

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We know you've had a few tongue tussles and we're not out to teach you any basics. But if

Defining  
idea...

**'They look at each other with their mouths. They look at each other with their whole bodies.'**

MURIEL RUKEYSER, American poet

## **MILLIONAIRE'S KISSES**

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Add glamour, style and fizz to a humble kiss. Take a sip of champagne, hold it in your mouth and kiss your partner. Chilled bubbles on your lips and tongue introduces an extra dimension. For a less bling-bling version, try a frozen cocktail with a fizzy mixer.

## **KISSING IN THE BACK ROW**

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One reason kissing is so popular with teenagers and older illicit lovers is the danger involved. The heady excitement that comes with the fear of being caught. Committed couples often get to a stage when this pleasure is lost and physical intimacy is taken for granted. Why not recreate early tension by having furtive kissing sessions in semi-public places, like lifts and cinemas?

## **KISS AND TELL**

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Kissing's not just for lips. Rediscover your partner's body. You know about the importance of kissing places like the insides of elbows, between the shoulder blades and the backs of knees; to discover your partner's secret kiss-spots, you'll just have to ask and hope they kiss and tell.

**If all that kissing gets you into the groove, try adding some background music. See IDEA 15, *Music, the food of love.***

Try another idea...

**'Animals can be tamed, but not mouths.'**

DONALD WINNICOTT, paediatrician and psychoanalyst

Defining idea...

**'If I profane with my unworhiest hand. This holy shrine, the gentle fine is this, My lips, two blushing pilgrims ready stand, To smooth that rough touch with a tender kiss.'**

WILLIAM SHAKESPEARE

Defining idea...

How did  
it go?

**Q Kissing takes my breath away. Literally. I've got recurrent sinusitis and can't breathe through my nose. I'd like to try some long kisses, but I just can't hold my breath long enough, and if I try too hard I end up snorting like an elephant seal. What can I do?**

*A Looking a bit breathless can be sexy, but being chronically short of breath isn't. Work some air breaks into your kissing. Try short intervals where you kiss her neck, hair or ears before moving back onto her lips.*

**Q I'd like to have more passionate kisses but I'm worried that my breath smells. How do I kiss with confidence?**

*A As you probably know, smelly breath is usually caused by bacteria growing in mouths. To find out if your breath really does smell, lick the back of your hand and sniff. That should give you a pretty accurate idea of what your partner's treated to when you kiss. If regular brushing and flossing don't help, it's time to visit your dentist. Mints may help in the meantime.*

