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COSMOPOLITAN

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SPECIAL

SEX REPORT

Secrets of Male Arousal

Experts Reveal Erotic New Ways to Electrify Every. Single. Inch. Of a Man's Body

When to Go With Your First Instinct

Your Breasts Called...

...and They're Feeling Neglected. How to Pamper & Pleasure Them

Look Sexy!
Hot New Party Hairstyles

Julia Stiles
The Side You Haven't Seen Before

GYNO WARNING

Products That Should Never, Ever Get Near Your Girl Parts

75 GUY TRUTHS
Their Weird Behavior Explained

REAL STORY

The Crushing Secret She Learned at Her Boyfriend's Funeral

PLUS Dreamed About Your Ex? What It Means



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A Head Rub That Zaps Stress

The soothing feeling you get when someone plays with your hair is due to the huge web of nerves in the scalp. "They can set off a chain reaction of feel-good sensations through your nervous system," says Ranella Hirsch, a derm in Cambridge, Massachusetts. Send waves of pleasure through your bod (and his) with this trick.

Easy DIY. Wet fingertips with a few drops of aromatherapy oil (the one above contains relaxing chamomile). "The slippery oil will prevent strands from tangling," says Leslie Couanon, National Educator at Sothys Spas. Then firmly massage your temples in circular motions with both hands, using your middle three fingers. Follow your hairline until your fingers meet at the top of your forehead. Now spread all 10 fingers across your hairline, and firmly push them an inch back, then stop, then push another inch back, then stop. Continue this pattern to the nape of your neck, maintaining constant pressure. "The goal is to move the actual scalp to rev up the nerves," says Couanon. Do this three times on yourself, then give your man the same treat.

Even quicker trick. Put hair into a ponytail that sits just below your crown—an area with a super-concentrated amount of nerves, says Couanon. Tug tiny sections of hair all the way around the elastic, then those inside the elastic. Have short hair? Rub the tips of all 10 fingers up and down the crown area.

Aveda Blue Oil Balancing Concentrate, \$13.50



3 A De-Puffing Facial for Morning-After Skin

This cooling spa treat feels awesome, plus it prettifies your complexion after a night of partying or crappy sleep.

Easy DIY. Wash, pat dry, and throw two river rocks (available from any craft store) or spoons in the freezer for three hours. When they're cold, apply an ultra-moisturizing face cream (Dior's, here, is great for winter) to your skin. Now gently slide the cold stones (or the round part of the spoons) in opposite directions from your chin back to your jaw; from your nostrils to your ears; around your eyes, following the bone that borders them; and finally, from your mid-forehead to temples. Repeat this cycle twice (the stones will remain chilly). "The coldness will constrict blood vessels, reducing swelling and puffiness," says Irina Gordon, owner of Dyanna Spa in NYC.

Even quicker trick.

Spritz your face with a hydrating toner. "Puffiness is often an indication that skin is dehydrated," says Gordon. Choose one that contains water plus essential oils, which lock the H₂O into your skin.



Dior Capture Totale Haute Nutrition, \$130



4 A Muscle-Soothing Tub Treat for Two

Studies show that heat therapy from bathwater relaxes sore muscles and improves flexibility. So after a tense day, grab your man and get your soak on.

Easy DIY. While drawing a hot bath, add a cup of Epsom salts (grab a bag at any drugstore, or try our pick below). "They contain high levels of muscle-soothing magnesium," says Allison Schumann, spa director at Vanderbilt Hall Spa in Newport, Rhode Island. Let your bodies soak for about 20 minutes.

Then, as you drain the still-warm water, turn the shower to a slightly cooler, lukewarm temperature, and rinse for about 60 seconds. "The contrast of the warm and cool water is incredibly stimulating," says Schumann.



Crabtree & Evelyn Revitalising Mineral Muscle Soak, \$20

Even quicker trick. Only have time to shower together? Before jumping in, apply ginger essential oil (an anti-inflammatory that's amazing for muscles) onto each other's neck and shoulders. Try Aura Cacia's, \$14.15.