

COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How do I get him ready for round two?"

Q Ten minutes after having very satisfying sex, I'm often ready for another round. My guy wants to get me off again, but he can't get it up that fast. What's going on, and what can we do about it?

A While many women are ready and able to go for round two right after climaxing, men experience a refractory period -- which can last anywhere from a few minutes to several hours -- during which they are physically unable to regain an erection.

Fortunately, your man doesn't need a hard-on to give you another orgasm. All he has to do to give you surefire after-play pleasure is make use of his carnal creativity -- kissing, licking, teasing and touching. Using water-based lube, have him max out your arousal with manual massage, oral action or a battery-operated buzz. Let him know when he's turning you on.

You'll ease any pressure he might feel, plus, he might get so excited by your erotic response that he'll rise to the occasion before you get beyond the brink.

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