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The Case for Crushes

Smitten with someone even though you're taken? "If you're not detaching from your mate or acting on your interest, there's no cause for alarm," says Debra Castaldo, Ph.D., a couples therapist in Englewood, NJ. In fact, these feelings can help reboot your own relationship. Try using them to:

BOOST YOUR CONFIDENCE A flirty exchange with a good-looking guy can remind you that you're a desirable woman. Embrace your outer beauty by surprising your partner with some lingerie. **"Nothing turns a man on more than seeing a woman proudly flaunt her body,"** says Castaldo. "He won't be able to keep his hands off of you."

GET FRISKY BETWEEN THE SHEETS "When you're in a committed relationship, sex often becomes stale," says Castaldo. **Being attracted to someone else can reignite your erotic side** and embolden you to experiment with a new position or fulfill a fantasy with your lover.

FEEL MORE SEXUALLY SATISFIED Not only is it acceptable to think about another man while you're with your own, but it can also be incredibly arousing, says Castaldo. **Next time you're in the heat of the moment, let your mind wander to your dream guy;** the extra stimulation can improve your chances of reaching orgasm.



Spending a lazy day with your man is the perfect way to rest up for a naughty evening.

MALE ORDER

If you're tired of seeing your guy in shabby skivvies and mismatched socks, help is just a click away. Launched by two men who think shopping should be avoided whenever possible, **Manpacks (manpacks.com)** is a subscription-based service that automatically delivers staples like underwear, socks, grooming products, and even condoms to his door every three months. Choose from a preset box of essentials, or create your own bundle. (Prices start at \$14 for a no-frills pack that includes briefs, socks, and an undershirt.)



ASK THE SEXPERT

Q My husband has noticed that sometimes I'm "tighter" during sex than other times. Why would this be?

A If you're experiencing discomfort, you might need more foreplay to get fully aroused—and possibly lube. Otherwise, it may be due to hormonal fluctuations. "Estrogen levels spike midway through your cycle, so you'll be tightest when you're not ovulating," says Lauren Streicher, M.D., assistant clinical professor of obstetrics and gynecology at Northwestern University. Another likely cause? The position in which you're having intercourse. If he's entering you from behind, for instance, you may be tighter to him.