

COSMOPOLITAN

FALL 2013

For **Latinas**

**HOTTER
IN BED:
TRY THESE
TRICKS!**

Page 136

**AUBREY
PLAZA**

*"Boricua,
pa'que
lo sepas!"*

47

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Get Your Sexy On!

PARTNER PLAY

Recent surveys show that 45% of Latinas name dominance and submission as their fave sexual activity... Curious? Read on.

By RACHEL KHONA

We're guessing you may be a "been there, done that" kind of girl. Sex in the great outdoors—check. Getting busy in a closet at your *mejor amiga's* housewarming party—definite check. On a sexy date night, candlelight and soft music just don't cut it anymore. Even if you don't know much about bondage, dominance, submission and masochism (BDSM), books like *Fifty Shades of Grey* can make a *chica* wonder... In your fantasy, "*Cristián*" may have a slight accent and less intense ideas, but never fear: Telling someone what to do (being dominant) or being told what

to do (being submissive) is a lot easier, and more fun, than you think.

GETTING STARTED

If you think your *macho* will freak the minute he sees you with a whip, go slow! BDSM doesn't always have to involve getting physical. If he's down to experiment, make up rules you both have to follow. Agree to touch yourself every time he says the word "*azul*." Pick a day where he's not allowed to talk to any other women. Making (or taking) orders can be a major turn on.

"It's not just about the physical for me," says Kris, a 21-year-old *Dominicana* who calls her boyfriend "master" and acts like his "slave" in and out of bed. "It just makes sex so much better."

BE BOSSY

Try something easy. Use your stockings to tie him to a bedpost while you slowly get undressed, and he can only watch; put on your sexiest *tacones*, and have him bend you over his knee for a

SEX-CESSORIES A LA ORDEN

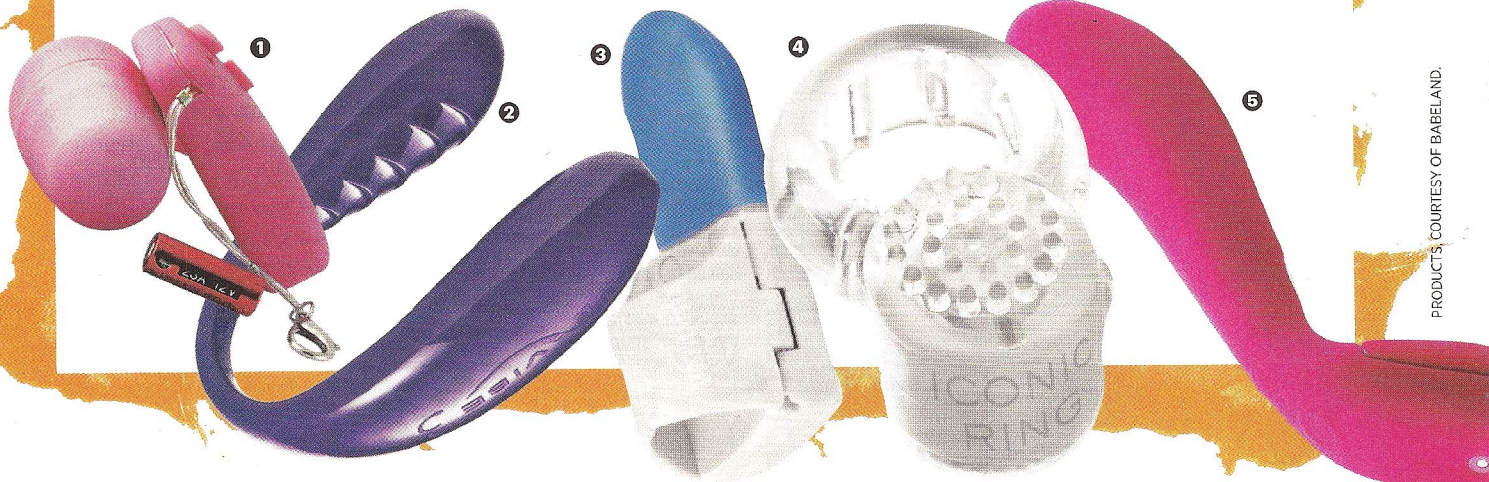
Babeland co-founder Claire Cavanah shares her favorite toys, available at babeland.com

If you like 30 mins of fore-play try... ① **The Babeland Remote Panty Vibe**. A "sexy black panty that holds a small vibrator, you can wear while your partner operates the remote-control." If you like it hard and fast, try... ② **We-Vibe 3**. Designed to be worn during

intercourse, it fits snugly inside while still leaving room for him to enter. If you like doggie style try... ③ **Fukuoku 9000**. Let his fingers do the walking with this baby which goes on the tip of his digit. "He can reach around and give you sweet sensations during the

heat of the moment." If you like missionary try... ④ **The Babeland Duet Vibrating Ring**. Missionary doesn't have to be boring. This vibrator fits around his member and "hits all the sweet spots when your bodies are close together." If you like being on top

try... ⑤ **Minna Ola vibrator**. Thanks to squeeze technology, this toy remembers and duplicates the patterns and pressure of your squeezing so you never have to fiddle with buttons again. "It's an ingenious design that can be used comfortably between two bodies."



light spanking.

As you test out new tricks, pick a safe word, suggests Christine Gutierrez, a psychotherapist who practices in Puerto Rico. "If the person starts spanking too hard, you can use your safe word as a way to say stop."

PIMP YOUR PROPS

A scarf can be a blindfold; a *corbata* can be a restraint. Or get creative and visit your local sex shop. Pre-made starter kits include masks, riding crops, clamps and other fun toys.

For *Venezolana* Karida, a corporate executive and sex shop regular, a partner's hands are the perfect tool. "It is incredible how much one can do with [them]," she explains. "Sensation can be soft or rough, and you can pinch, push, pull, slap, spank, hold, or caress."

FUN WITH FRIENDS

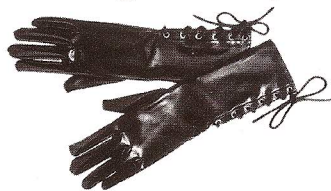
If you think you've found your niche, meeting like-minded people who engage in healthy and fulfilling BDSM relationships can open up new horizons. "I recommend that people try to find a community," says Dr. Hernando Chaves, a marriage therapist in Beverly Hills. "In most big cities, there are a number of safe and casual fetish or kink events (often known as munches) where people can meet."

After a year of dabbling with various lovers, Cassandra*, a 24-year-old *Cubana* from New Orleans, went online to get more involved. "I created an account [FetLife] and I met my now boyfriend," she explains. Though the PhD student was a novice to the scene, her new *novio* was happy to show her

Grab a silk *corbata* and tie your man up!



55%
of CFL readers
polled enjoy
power games like
roleplay, bondage
and spanking.



the ropes. "He started taking me out to parties and other events. I gradually built a circle of friends."

WATCH AND LEARN

Not ready to go full on leather mask and ball gag? Try a few different scenarios to ease your way into it. "You can go to BDSM websites and watch educational videos where people do demonstrations," suggests Dr. Chaves. KinkAcademy.com, a site dedicated to providing sex education on topics like BDSM, has over 1,000 instructional videos by experts in the field that show you what to expect.

No matter what your style is, mixing things up can add a boost (for non-BDSM ideas, see box). "Research has shown that variety is one of the key predictors in sexual and relationship satisfaction," says Dr. Chaves. "Without it, people will typically become less interested in sex, and it can impact a relationship."

*Names have been changed.