

The sun's out, the temperature's rising and everyone's baring more flesh – so your libido should be racing! But if you're feeling less than gorgeous, or need a gentle nudge in the right direction, here are the ultimate ways to look sexy, feel sexy – and enjoy sex – all summer long.

1 Think about sex

The average British man thinks about sex 20 times a day, while women's thoughts only turn to passion six times a day, according to a recent survey for fruit juice Pomegreat. But, say experts, we should be thinking about it much more than this. 'In our minds, we're free to explore what we want – there are no restrictions and no danger of embarrassment,' says mind, body and spirit writer Stephanie Brookes (www.spiritualphilosophy.co.uk). 'Think about sex more regularly, and start to visualise what you truly want from your sex life. Coming to a realisation of your sexual identity will clarify what you really desire, and bring you a step closer to achieving it.'

2 Give your sex muscles a workout

Super-toned legs, a flat stomach and curves in the right places may be your idea of the perfect summer body – but one important area we often forget is the pelvic floor. Exercising this area regularly not only tightens the vagina, but also increases the blood flow to those intimate body parts, resulting in more intense orgasms. Ideally you should do pelvic floor exercises five to six times a day. 'Try tensing your vaginal muscles – as if you were trying to stop peeing mid-flow – and hold for 10 seconds,' says personal trainer Laura Williams (www.fperfect.com). 'Rest for 10 seconds then repeat. Aim for 10 reps.'

3 Collect compliments

Don't feel very sexy? 'When you're having an unsexy day, think back to a time when you received a lovely compliment,' says Brookes. 'True sexiness isn't just about how you look – it's often about how you feel. Always remember

the positive comments people make about you: they'll provide an instant confidence boost and make you feel more attractive and sexy.'

4 Slow down and walk tall

'The simplest way to have a sexy summer is to think sexy and create a posture of strength,' says hypnotherapist Ursula James (www.ursulajames.com). 'Walk tall, and don't be in too much of a hurry. Take your inspiration from the way Marilyn Monroe is described in *Some Like It Hot* – "like jello on springs" – when she walks along the train platform in high heels. Summer is also a good time to dress sexily; throw away your frumpy comfort clothes, and only wear your best outfits, including seductive underwear. Prepare yourself for excitement – not for being run over by a bus.'

'True sexiness isn't just about how you look – it's about how you feel – remember positive comments people make about you'

5 Get some stimulation

Sixty-three per cent of women regularly fake orgasm during sex, according to a recent survey. But if you prefer the real thing – and who doesn't? – it could be time to put in a little practice. Vielle is a clitoral stimulator, which helps improve sexual response. In tests, women using it were more likely to reach climax – 95.3 per cent of the time, compared to 82.8 per cent without. It's available from Tesco, Boots and Superdrug, priced £9.95. For more information, go to www.vielle.co.uk

6 Learn to communicate

Telling each other what you like is essential for keeping both you and your partner satisfied. 'Your partner isn't psychic,' says Liz Paul, sex expert and inventor of Scentuelle, a libido patch for women