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572 OMG! PARTY LOOKS

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DOs &
(hilarious)
DON'Ts
of 2010

CHARLOTTE

"Finally! The body – and the boy – I'm meant to have!"

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With this surprising, clothes-on move

Er, this is a celebrity!
"I was a £10,000 hooker"

"I almost married a murderer"

CHARLOTTE CHURCH PHOTOGRAPHED FOR GLAMOUR BY ROBERT ERDMANN

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tips for a
show-stopping
kiss

Tilt to the right. If you bump noses when going in for a kiss, you could be tilting the opposite way to most people. According to a study by researchers at the University of Bochum, Germany, a person is twice as likely to tilt their head to the right as the left.

Size doesn't matter. If you weren't blessed with bee-stung lips, relax. "Big lips contain the same number of nerve endings as smaller lips," says Dr Pam Spurr, author of *Steamy Sex: The Sex Doctor's Guide To Keeping It Hot*. "The important thing is not to harden your lips by puckering up too much. Part your lips gently and push your lips outward ever so slightly."

Scrape your breath clean. Brushing your teeth isn't enough when it comes to making sure your kisses taste sweet. Focus on your tongue, too. It's believed that up to 90% of bad-breath cases are down to tongue bacteria. "Try a stiff tongue scraper from Halita, or a soft brush with a tongue paste such as Dr Wieder's Tung Brush and Gel," says dentist Dr Jonathan Hall.

If your man needs inspiration, check out these steamy on-screen smooches. Watch, learn, repeat

**THE NOTEBOOK (2004)**

This kiss is sexy because Rachel McAdams and Ryan Gosling's characters shouldn't kiss – she's about to marry someone else – but they do because their passion is overpowering. "To recreate this feeling, try making your relationship a secret," says Dr Spurr. "Go to a party and pretend to be 'just friends'. It can heighten your excitement to kiss and touch each other when it's supposedly 'forbidden'."

**MR & MRS SMITH (2005)**

The kisses between Brad Pitt and Angelina Jolie are *seriously* intense. It's that love/hate thing between the two characters: "When a couple argues, adrenaline is released," says sex and relationship expert Dr Kerner. "For some, that can lead to passionate sex." But rather than initiate an argument, try fighting in a playful way. "Water or pillow fights can be exciting, too," says Dr Kerner.

**TWILIGHT (2008)**

It's almost painful to watch as Edward moves to kiss Bella for the first time. But despite him being an icy vamp, this is one hot kiss. All the more so when he drags himself off her. "By kissing her then holding back, he's creating an even greater desire in her," says Dr Kerner. Luckily, that's easy to reproduce. "Try kissing without quite touching lips," says Dr Kerner. "Then keep it going for as long as you can."



He was cute but his kisses were so wooden

RETRAIN HIS BRAIN

If your guy needs convincing to pucker up more often, don't worry, he just needs retraining. "My research showed that men enjoyed kissing early on in the relationship, during the process of discovery, and longed for the long make-out sessions they used to have," says Andréa Demirjian, author of *Kissing*. "But because kissing leads to sex, it becomes a habit. Suddenly, kissing only goes on prior to sex." Demirjian suggests a simple technique to bring back the spontaneity: Plan a meal of amuse-bouche ('amuse your mouth' in French). "Create several of these bite-sized morsels and tell him you plan to kiss – and only kiss! – between each mouthful," says Demirjian. "Sharing food is sensual, all the more so if you feed each other. But, more importantly, this will allow you both to focus on lip-to-lip contact. After he's enjoyed the evening, he'll be more willing to concentrate solely on kissing in future." ▶