

# 50 Great Things to Do With Your Breasts

Heads up: Pampering your pair can cause extreme confidence, unrivaled sex appeal, and bigger, better orgasms.

BY KORIN MILLER

► Sure, you let your breasts roam free when you unhook your bra at night, but you're missing out if that's the only time. "Enjoying your breasts helps you feel confident about your body because you're embracing who you are," says Debby Herbenick, PhD, author of *Because It Feels Good*. "It also boosts your comfort level during sex, helping you to orgasm more often." There's no arguing with that logic, so we crafted a master list of sexy ways to maximize your assets.

**1** Go braless and wear a silk or combed-cotton tee—it'll feel amazing brushing against your skin all day.

**2** When you're lounging together on the couch reading or watching TV, guide his hand inside your bra and have him lightly scratch your breasts with his fingertips.

**3** Clasp your hands behind your back and pull them away from your body, slowly rotating to the left and right to give the twins a nice stretch.

**4** Score a perfect sunless boob tan: Shower and exfoliate, then put a dab of petroleum jelly on your nipples to make sure they keep their natural color. Evenly apply the self-tanning lotion or spray to your tatas, and lean forward for a few minutes to help them dry blotch-free.

**5** Master the art of using double-sided tape. The secret: Stick one-inch strips of tape a quarter inch away from the edge of your clothes. It keeps everything in place but still looks natural.

**6** For a sexy sensation the next time you're getting busy in bed, get your

guy to try this technique with his hand: Make a V with his index and middle fingers, and lightly scissor them around your nipples.

**7** Overheated at the beach? Slip an ice cube out of your drink, and glide it over your cleavage.

**8** This trick really makes your boobs look voluptuous: Stand in front of a mirror under an overhead light, and sweep bronzer over the dark areas underneath and between your breasts. Deepening the shadows that they create gives the impression of greater fullness.

**9** Apply lotion, and treat the girls to a sensual massage. Using a circular motion and medium pressure, rub from the base of your boobs up along the outer edges, stopping just below your armpits. Then place your hands on your breastbone, and work your way across the center of your chest, out toward the sides of your body.

**10** Have him trace a figure eight stretching around both nipples while giving you a deep, steamy kiss.



# BOOBY TRAPS!

These too-funny tales are proof that cleavage mishaps happen to the breast, er, best of us.

"I was on a crowded train listening to my iPod, and the wire from my headphones slid underneath one of the buttons of my shirt. It got caught on a guy's bag as he moved to leave and made the button pop off. Suddenly, my boobs were hanging out for everyone to see—thank goodness I was wearing a bra. I had to hold my shirt together for the rest of my commute." —Alice\*, 34

"On my way to a meeting with my boss, I planned to stop at the bathroom and vending machine. I took a dollar out of my wallet, and while I was in a stall, I stuck the bill in my bra so I wouldn't lose it. I forgot about the vending-machine run and the bill in my bra, and when I met with my boss, the dollar started peeking out of my bra and button-up top. I looked like I was a stripper in my off-hours." —Rachel, 21

"My boyfriend proposed while we were on vacation in Machu Picchu, so on our way home from the airport, we made a stop at his parents' house to give them the good news. While there, I showed them some of the photos we'd taken on the trip. As we were clicking through them, though, an odd-looking picture came up on the screen. That's when I remembered that I'd used my camera to take photos of my tatas a few days before our trip. My fiancé's entire family tilted their heads to the side as they tried to figure out what the picture was of...and, of course, they eventually did."

—Alyssa, 24

\*Names have been changed

—ROBIN HILMANTEL



**11** *Strategically place rose petals over your bare nipples just before he comes to bed.*

**12** Experiment with different textures during foreplay to see what feels best against the girls' sensitive skin. Get creative with whatever's around the house, having him trail things like a silk scarf, leather glove, or velour blanket over your breasts.

**13** Want to go braless to a party or bar? You can avoid the smuggling raisins effect by sticking on nipple concealers (try Low Beams, look for them on herlook.com).

**14** Slather the twins with edible lotion, like Victoria's Secret Berry Passion, to give him a tasty surprise treat next time his lips are in the vicinity.

**15** Score a sexy, rosy glow by dotting on a pinkish-red stain, like Benefit's BeneTint. Dab a small amount around your areolae and nipples, and blend well.

**16** Dare him to unhook your bra without using his hands.

**17** Cook dinner topless, apply a little tomato sauce to your nipple (make sure it's not too hot), and ask your man if it's spicy enough.

**18** Grab your vibrator while the two of you are in bed, and run it back and forth across your breasts and nipples for an added jolt of pleasure.

**19** Use them to give your guy a sensual back rub. And go crazy with the massage oil.

**20** Dust a light coating of baby powder between your boobs to

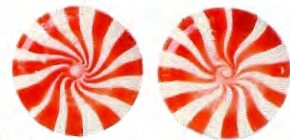
keep them dry when you work up a sweat at the gym.

**21** When you want to go purse-free, stick your ID and credit card in your cleavage. Try Victoria's Secret Miraculous Push-Up—it adds up to two full cup sizes!

**22** Totally relax and lose yourself. Ditch your top in the sauna at the gym, and just close your eyes.

**23** Humid summer weather can trigger boob sweat and clog your girls' pores. Give yourself an exfoliating breast facial: Wrap them in a hot towel, spa-style, for a couple of minutes. Then rub on a gentle body scrub. Rinse and finish up by applying a moisturizer for sensitive skin.

**24** When you're feeling sore around your period, wrap a refrigerated raw lettuce leaf around each breast and hold it there until it wilts.



**25** *Slip your guy a mint pre-sex, and have him lick your nipples when you start to orgasm.*

**26** Give your chest a healthy glow by sprinkling a shimmer powder over your breasts.

**27** Covertly flash him in an empty stairwell before a party, during a hike, in your car in the parking lot....

**28** Strip to your undies, and perfect your practically topless pose (experiment with different hip tilts and angles) in front of the mirror. Then use it to greet him at the front door.

**29** Re-create a much comfier version of Madonna's infamous cone bra in the bubble bath.





She obviously just did our softening breast mask.

### Try This!

For touchable tatas, use this DIY mask: Mix two egg yolks (a natural skin softener) with one cup of beer. Dab the mix on your breasts, and rinse after 20 minutes.

**30** Banish uniboob by treating your breasts to a sexier sports bra (we like Lululemon's Hot Class) the next time you go for a run or play coed softball.

**31** Sunbathe topless with your girlfriends—just don't forget to apply a minimum of SPF 45 sunscreen.

**32** Draw an attention-grabbing circle around your nipples using rhinestones and body glue for a special night in.

**33** Wrap a cool, damp washcloth around each one after running errands on a hot day.

**34** Work a front-closure corset top to maximize your cleavage on girls' night out.

**35** Make a donation to the Breast Cancer Research Foundation in honor of your boobs.

**36** Throw a few new pectoral-muscle exercises into your workout regimen, and admire how perky the moves make your tatas look.

**37** Stand in front of your bathroom mirror, and have your guy cup your

breasts from behind, mimicking Janet Jackson's famous *Rolling Stone* semi-nude cover shot.

**38** Do a topless solo photo shoot, and hide the evidence. When you're 70, you'll love to look back at how awesome they were.

**39** Go braless on a night out, and wear a low-cut shirt so it's obvious.

**40** Put temporary tattoos of his name around your nipples, and give him a peek when you bend forward in an undone button-up.

**41** Take a trip to an expensive lingerie boutique to try on the fancy new arrivals. Pick an item that really plays up your breasts, and splurge for the good cause.

**42** Stick on nipple tassels, and practice swinging them (hint: It's all in the knees). Use your newfound talent to put on a sexy show for your man.

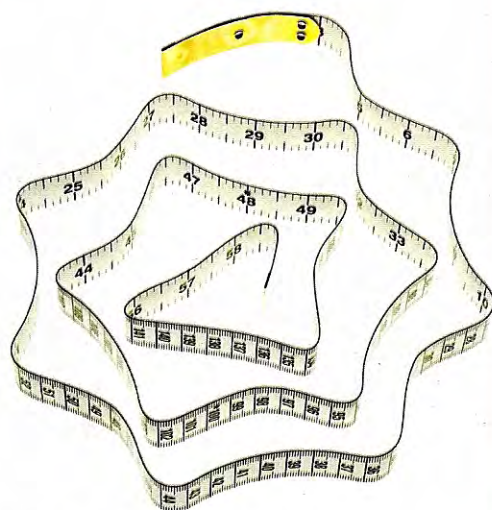
**43** Mandate "topless sleep" once a week to give the twins some breathing room.

**44** Try a new kind of wake-up call: Lightly brush your nipples across his stomach and chest to get both of you in the mood for morning sex.

**45** Smooth on sunscreen, then spritz body oil between the twins to give them a sexy poolside sheen.

**46** Visit the *Jersey Shore* nickname generator at [unlikelywords.com](http://unlikelywords.com), and find out what their names would be. Princess of Paramus and The Tantrum? Fabulous.

**47** Hide tickets to that baseball game your guy's been dying to go to in your bra, and tell him to go hunting for hidden treasure.



**48** Measure your boobs during your period to see how much bigger they get during that time of the month.

**49** Work silicone bra inserts in a tank top for a day, and keep a tally of all the men who stare at your cleavage.

**50** Prop up a mirror next to your bed, lie down on your back with your top half hanging off, and marvel at just how awesome your boobs look from a whole new angle. ■