

SEVENTH HEAVEN

Take luxury to the bedroom with you, thanks to 7 items that promise the ultimate in pleasure. TEXT SHERRY OH

PHOTOGRAPHY ALVIN LEW ART DIRECTION SITI/ASHAH NORDIN IPOD EPICENTRE MOËT & CHANDON RICHE MONDE

1. If music be the food of love, play on. Find the right mood by listening to some inspired tunes on your iPod Nano. Awaken the sensual goddess within you with Paula Cole's *Feelin' Love* or d'Angelo's now classic *Brown Sugar*. Perhaps invoke your burlesque alter ego with Nelly Furtado's *Maneater*. Alternatively, hook up your iPod Nano to some speakers for background music that will, er, cheer you on.

2. Never give away an unwrapped present. The perfect wrapping for you? A teasing red number like this fiery corset with garters. La Senza is the place to go for instant sex appeal.

3. Chocolates aren't exactly an aphrodisiac. However, consumption of chocolate triggers the release of endorphins and puts you in a more contented, sensual disposition. Note to readers: liquid versions such as chocolate sauce are best taken with bare skin.

4. While too much alcohol will probably render you immobile, sharing a bottle of Moët & Chandon champagne will help perk up your spirits (pun not intended!) To quote the movie *Just Like Heaven*, "God made alcohol as a social lubricant. To make men brave, and to make women loose."

5. Imagine soft rose petals brushing against bare skin. Toss a handful of rose petals on the bed or get a few stalks of budding roses and gently graze his skin while he is blindfolded (or perhaps tied to the bedpost).

6. Relight his fire by setting the right mood. Candles are not only romantic, they also give off heat and warm things up. You can even take it a notch higher with aromatherapy candles.

7. Patrick Holford, the founder and director of the Institute for Optimum Nutrition in London, believes strawberries are exactly what you need to get you in the mood for love. Strawberry seeds are rich in zinc, which boosts testosterone in men and helps women get in the mood for love.



BODY BEATS Heat up the experience with the OhMiBod, a device designed to move in correspondence with your iPod. Measuring 7 inches long by 1.125 inches wide, the OhMiBod is moulded from hypoallergenic white, non-toxic, non-porous plastic with chrome finishing. The intense rhythmic vibrations are powered by 2AA batteries and it comes with a universal headphone connector for easy plug and play.