

COSMOPOLITAN

HIS 6 SECRET SEX SPOTS

Master Your Guy's Biggest Below-the-Belt Pleasure Triggers

What Men Crave in July

Rihanna
She Finally Reveals Her Deepest Feelings

50
Things You Should Have Never Stopped Doing

YOUR BREAST MYTHS—BUSTED

#1: The Boobgasm Does Exist

Talking Tricks That Draw Him In
p. 98

PLUS Juicy New Lip Colors

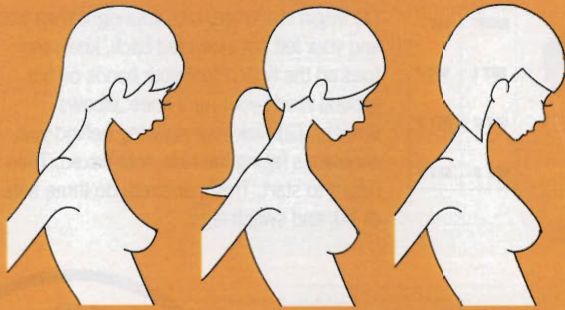
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The Trick to Finding Your Perfect Bra

The secret is knowing your breast shape—ID yours below to discover your ideal fit.



● **YOU HAVE... SHALLOW BREAST SHAPE**

● **KEY TRAITS:** The tissue slopes down to meet the nipple, and the bottom of the breast is fuller.

● **YOUR BEST BRA:** A balconette or demi bra, since they're built to cradle the under-sides of your girls

● **YOU HAVE... MEDIUM BREAST SHAPE**

● **KEY TRAITS:** The breast tissue comes straight down to meet the nipple.

● **YOUR BEST BRA:** Most styles look good with this type, but a plunge with underwire will show off what you've got.

● **YOU HAVE... FULL BREAST SHAPE**

● **KEY TRAITS:** The breast tissue is round up at the top as well as at the bottom.

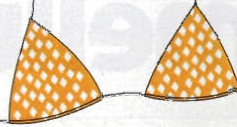
● **YOUR BEST BRA:** Try a contour cup that will mold to the shape of your breasts for extra support.

The Boobgasm: Oh, Yes, It Exists

A study of 213 women found that 29 percent had experienced an orgasm during breast stimulation. Have your guy try these tips to up your odds (or do them yourself).

- 1 Start by having him touch the outsides of your breasts in soft, full circles, using his fingertips.
- 2 While one hand continues to stimulate the edges, have him use the other to focus on your nipple—he can lightly pinch it, teasingly rake his nails over it, etc.
- 3 Then ask him to use his tongue to lick and nibble your nipple while his hands explore your chest. The key is constant stimulation.

Don't forget the SPF.



Before You Put On Your Bikini Top...

Don't forget to put sunscreen all over your breasts, including the areas that are covered by fabric. Most swimsuits are pretty flimsy and only have an SPF of 7, which isn't enough to protect the ladies from sun damage.

Fact: We're the Only Mammals That Have Boobs 24/7

All the others only have breasts that temporarily protrude after giving birth so they can feed their babies. The reason? According to some anthropologists, we evolved to have "decorative" twins to attract men, since they are a sign of fertility.



Lucky bitch doesn't need a bra.

Nipple Bumps Explained

Those bumps on the outside edges of your areolae are called Montgomery glands—they provide lubrication to the nipple when you're breast-feeding. And if they get clogged, pimples appear. To zap a zit, put a warm, damp washcloth over your areolae. **A quick fix** for five minutes (it'll open up and unclog the gland).



SOURCES: ANNE CHAPAS, DERMATOLOGICAL SURGEON IN NEW YORK CITY; SUSAN LOVE, MD, AUTHOR OF DR. SUSAN LOVE'S BREAST BOOK AND PRESIDENT OF THE DR. SUSAN LOVE RESEARCH FOUNDATION; SEX EXPERT LOU PAGET, AUTHOR OF ORGASMS; GAYVIN POWERS, OWNER OF EVESAPPLESLINGERIE.COM, A LINGERIE BOUTIQUE; LAUREN F. STREICHER, MD, ASSISTANT PROFESSOR OF OBSTETRICS AND GYNECOLOGY AT FEINBERG SCHOOL OF MEDICINE, NORTHWESTERN UNIVERSITY



The average bra is a 36C. Breasts of that size weigh in at slightly less than 2 pounds each—about the same as a liter of soda.