



PICTURE IT

Imagine your sex life as a work of art. If a tranquil watercolour springs to mind rather than a highly charged erotic work, Cape Town Tantra practitioner Fiona Liebowitz suggests amping up your visualisation techniques with a sexy book. 'Picture-based erotica offers a non-threatening way to rev up your relationship and can result in some saucy explorations,' she says.

If you're not up for trawling the low-lit aisles of Adult World, look no further than your local book shop. *Erotica Universalis* by Gilles Néret (Taschen) is a collection of erotic imagery through the ages. It's tasteful in an arty kind of way, which means you won't have to endure red-hot cheeks at the checkout counter. Once home with the lights dimmed, you're sure to be inspired by the sexy visuals – and flicking through it with your lover is guaranteed to give you a few ideas of your own.