

# REDDOOK



**Kate Beckinsale**  
The *Underworld* star on seducing her hubby & embarrassing her tween

23

FREE  
POSTER  
INSIDE

## Beat belly

### THE BEST SHADE TO PAINT YOUR BEDROOM

"The biggest mistake people make when decorating their bedrooms is thinking it's the wrong place for color," says interior designer **Cathy Hobbs**. "But in fact, nothing sets the mood better." Her suggestion for creating an atmosphere that's equal parts seductive and soothing? "I love a rich sky blue, because it's extremely calming and adds a touch of elegance." She recommends Brave Blue, Malibu Beach, and Neptunes Home, all by Mythic Paint.



### BEST MATTRESSES

**REAMY NIGHTS**  
Like a rock-solid mattress and he favors super-soft, you compromise and get semi-firm? Sorry, we think so—especially when there are models that you'll both wake up well-rested (and without nent). With the Kingsdown My Side (kingsdown the Sleep Number (sleepnumber.com), and the D from Comfort Solutions (comfordsolutions.com), ch get to choose the level of firmness for your neither party ends up in the guest room.

### BEST COZY NIGHTCAP

ng down over a Heineken (him) and a pinot (you) he kids finally sack out is fine most nights. But it's ctly romantic. We got Kim Haasarud, our resident ymixologist, to whip up a recipe that is one part g, two parts sultry, and 100 percent yummy. Seriously, it's like foreplay in a glass.

**THE "DO NOT DISTURB"**  
Fresh ginger  
8 oz hot water  
2 oz scotch  
2 oz honey  
Squeeze of lemon  
Cinnamon sticks

Peel ginger and slice off 4 or 5 very thin pieces. Heat water and ginger in a saucepan or microwave until very hot. Add scotch and honey; stir until honey dissolves. Strain ginger, add a couple squeezes of lemon juice, divide among two glasses, garnish with cinnamon sticks, and serve.



### THE BEST TWO THINGS TO KEEP IN YOUR BEDSIDE TABLE

"Every couple needs a toy they can share—it practically guarantees orgasm," says REDBOOK columnist Hilda Hutcherson, M.D., an ob/gyn and a professor at Columbia University. She recommends a finger vibrator like the Ipo Finger Vibe from Picobong (\$44, babeland.com) because it feels much more natural than a bulky vibrator. Hutcherson is also a big fan of lube: "Slippery sex is good sex!" she says. Proof: Women who used water- or silicone-based personal lubricant reported higher ratings of sexual pleasure and satisfaction than those who didn't, according to a study from Indiana University of nearly 2,500 women.

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### THE BEST CYBER SIGN-OFFS

A sweet email signature speaks volumes. Here's what a few love-struck readers use:

*"I'm pregnant, so I always add 'kisses & kicks.'"*  
—BREANNA WIDGER, VIA FACEBOOK

*"I sign mine 'love forever' with no 'r' on the end, because forever should have no end."*  
—KAREN WARNER MCPHERSON, LANGLEY, BC

*"The first time I signed off with a ♥ symbol, he mistook it for something sexual and replied with a sexual symbol of his own. That made for an interesting conversation when he got home! But now he gets it."*  
—VALERIE EVERHART SCHULER, VIA FACEBOOK

*"YW, for Your Wife. It's a discreet, kind-of-secret way to sum up what we mean to each other."*  
—JENNIE TUNG, NEW YORK CITY

### THE BEST SEXY PLAYLIST

Robin Thicke happily acknowledges that his music is of the baby-making variety. But back when first wooing his wife, actress Paula Patton, R&B tunes from groups like Jodeci helped set the mood. So what else does the "Teach U a Lesson" singer cue up when it's time to—Barry White voice—dim the lights?

- 1 "Try a Little Tenderness" by Otis Redding
- 2 "Love's in Need of Love Today" by Stevie Wonder
- 3 "Mannish Boy" by Muddy Waters
- 4 "Kiss of Life" by Sade
- 5 "Let's Stay Together" by Al Green
- 6 "No Woman, No Cry" by Bob Marley
- 7 "I Want You" by Marvin Gaye



# Save and earn more in 2012

16 ways to outsmart your bank and slash your bills

♥ "The more you invest in a marriage, the more valuable it becomes." —AMY GRANT



♥ "I have a steak at home. Why would I go out for a hamburger?" —PAUL NEWMAN



♥ "You steal the time. Steal a date, steal a kiss, steal a whisper." —JENNIFER GARNER

