

# REDBOOK



**Kate Beckinsale**

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

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 Neptune's Home, all by Mythic Paint.

Brave Blue  
032-4

Malibu Beach  
025-3

Neptune's Home  
018-5

#### BEST MATTRESSES

**REAMY NIGHTS**  
Get a rock-solid mattress and he favors super-soft, you compromise and get semi-firm? Sorry, we link so—especially where there are models that you'll both wake up well-rested (and without aches). With the Kingsdown My Side (Kingsdown the Sleep Number (sleepnumber.com), and the 1 from Comfort Solutions (comfortsolutions.com), all get to choose the level of firmness for you and neither party ends up in the guest room.

#### BEST COZY NIGHTCAP

Get down over a Heineken (him) and a pinot (you) so kids finally sack out in five most nights. But it's really romantic. We got Kim Haasard, our resident y-matologist, to whip up a recipe that is one part, two parts, sugar, 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 slices. 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 scoops of lemon juice, divide among two glasses, garnish with cinnamon sticks, and serve.



Magical  
Elopation  
try me

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

Every couple needs a toy they can share—it's practically guaranteed orgasm," says REDBOOK columnist Hilda Hatcherborn, M.D., an ob-gyn and a professor at Columbia University. She recommends a finger vibrator like the Yo Finger Vibe from PicoBong (\$44, labeland.com) because it feels much more natural than a bulky vibrator. Hatcherborn is also a big fan of lube: "Slippery sex is good sex!" she says. Proov! 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-track readers use.

"I'm pregnant, so I always add kisses & kicks."

—BRANDI WEDER, FACEBOOK

"I sign mine 'love forever' with no 'Y' on the end, because forever should have no end."

—LARI HORNBY-SPENCER, LANGELife

"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."

—MELIE EVERTANT SCHLIER, FACEBOOK

"TW, for Your Wife. It's a discreet, kind-of-secret way to sum up what we mean to each other."

—JENNIFER TAYLOR, 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 use up when it's time to—Barry White voice—dim the lights?

- 1 "Try a Little Tenderness" by Otis Redding
- 2 "Love Is a Head of Love Today" by Bruce Womack
- 3 "Mauritius 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 SUWART**



• Have a stack at home. Why would you put for a name? —**FALL DEBARRA**



• You steal the time. Steal a date, steal a kiss, steal a whisper! —**DANIEL GIBSON**

