



You think  
*you're the  
only couple that  
has sex just once  
a week... Um,  
sometimes on  
the same night  
each week!*

Welcome to the club, says Betty\*, 24. "When I first got together with my boyfriend, we were like rabbits on Viagra – we barely even left the house!" she recalls. Fast-forward two years and the heat dial's on low. "We have sex once or twice a week now," she confesses. "And we don't even take off all our clothes!"

Newsflash: This happens to pretty much everybody, says Tanya Koens, sex therapist and director of Sydney Therapist. "It's not realistic to expect that your sex life will always be full of raunchy lust-marathons," she explains. There's even a scientific reason for it, she adds – after being together for somewhere between six and 24 months, "Your body no longer gets excited about sharing cells with your partner's, and you stop producing horny hormones."

Add the pressures of everyday life to the equation, and bang – sex is suddenly further down your to-do list than cleaning the bathroom sink. "But that's not entirely a bad thing," says Tanya. "As long as you're both happy with your sex life, and with your level of intimacy, there's nothing wrong with having sex once a week. Though spicing it up occasionally won't hurt either," she adds. "If you're looking to break out of your normal routine, try visiting a sex shop, or reading a racy mag together," she suggests.

**Georgia Rickard** **COSMO**