

Have You Seen My Libido?

Not Hot and Bothered? Consider These Common Culprits of Low Libido

Even seasoned sex kittens get bored with the same old song and dance.

Stress, diet and other factors can take a raging toll on your libido, leaving you with a limp love life and, quite possibly, a guilt complex when you say "no thanks" to nookie.

What's wrong with you when you'd rather knit sweaters than knock boots? Nothing, sweetheart. But looking at the potential causes of your sluggish sex drive can shed a whole lotta light on the dreaded dry-panty syndrome. We consulted with our resident sexpert, Lou Paget, to get the dirty deets...

Stress and Sex

We already know that stress makes mommy's mojo go bye-bye (thanks, 9-5). But here's the good news: Most stress is temporary. You can often breathe, meditate or drink it away. But if you'd rather not become a raging alcoholic, try an aromatic bath with a few drops of non-toxic jasmine, clary sage or patchouli. These are aphrodisiacal scents that impact the pituitary gland, which helps rev your engine down there while chillaxing your brain. *Ahhhhh.*

Zzzzzzz...

Another amazing libido secret? Sleep, silly. Just a few nights of interrupted slumber can reset your internal monitor, stabilize your hormones and give you the energy you need to bring home the Big O, baby. Make sure you're getting proper z's, even if it means getting your ass to bed before the second half of "The Bachelor" is over. (You know that shit is addicting.)

Med Head

Are you taking antidepressants or poppin' pills for anxiety? If so, these bad boys could be responsible for banishing your libido into oblivion. Common side effects? Down-there dryness, inability to orgasm and erection problems for men. *Um, we'll pass on that.* While you should definitely consult your doc before ditching any prescribed pills, be a shrewd consumer and make sure you really need them. Even improper dosage can cause big-time side effects. Depression is serious, but so is a sad vag. Repeat after me: I deserve happiness *and* hot sex.

Birth Control

Oral birth control might seem like God's gift to modern women, but it could be stealing your va-va-voom. For some women, simply getting off the pill brings sexy back. Yaz, Yasmin and Ocella have all been linked to the disappearing-libido act. Consider what other options might be possible for you. We've come a long way since the rhythm method, ladies.

Hug Therapy

Love a good rub down? You're not the only one. Some studies have shown that men need to be touched two to three times *more frequently* than women in order to maintain the same level of oxytocin, the sexy bonding hormone.

Without frequent touch, your brain's circuits and receptors can feel starved for dopamine, the feel-good hormone. Hugging and cuddling feed and reinforce those connection circuits, ensuring lovey-dovey feelings and hot romps. Even if you're not in the mood *now*, a sensual back rub or loving massage can get you there, pronto.