

REDBOOK

28 Ways to Have a Sexy February

Why focus all your romantic energy on Valentine's Day? With these sweet, steamy ideas for every day of the month, you and your guy will be reaping the benefits way past the 28th.

By Hannah Hickok



Chris Ryan/Getty Images

Clear your qi

Taoists believe that where your mind goes, your qi — the circulating life force in Chinese medicine — will follow, so make sure your energy and your vibe is pure. "The difference between having connected sex and unconnected sex has a lot to do with attitude and intention," says Jill Blakeway, author of *Sex Again*. Whether it's yoga, meditation, or jogging, do whatever helps you get your head in the right place before spending quality time with your partner.

Read more of Jill's Tips in RedBook