

More Sex, Fewer Strings

Love is in the air. Here's how to make the most of the hottest season

Edited by: Matt Bean

Summers are made for the sort of passionate yet casual romance that burns bright and fizzles out just before things get too serious. "The season has a natural beginning and end to it," says April Masini, author of *Date out of Your League*, "and the heat conjures up all kinds of steamy possibilities." Here's how to make sparks fly without getting burned.

GO WITH THE FLOW

"Flings let both of you retain your independence more than in a normal relationship," says Nancy Pina, author of *The Right Relationship Can Happen*. "If she really thinks it's short-term, she won't call you every day, won't talk about the future as much, and will make plans without you." You, of course, should do the same.

SET SMART BOUNDARIES

If you harp on the expiration date -- "Just so you know, this isn't anything serious" -- your message will backfire. "No woman wants to be reminded that you're not in it to win it," says Logan Levkoff, Ph.D.(c), a sex educator in New York City. Give her subtle signals that you're flying solo: Go stag to a wedding or invite a buddy when your parents come for dinner.

MAKE THE MOST OF IT

"You have to harness the heat if you want something memorable," says Levkoff. So seduce her on your rooftop. Or have sex in the woods. "She'll feel safe, because you're not just a one-night stand, and she won't feel as if she's ruining a long-term relationship by being kinky."

GO OUT WITH A BANG

She's leaving for another city or you're moving on? Instead of letting the relationship fizzle or pulling away from her emotionally, charge through to the end. "It gives you both a sense of closure and makes it easier to move on," Pina says.

HEAT UP ANY WEEKEND WITH THESE SUMMER DATES

Do dessert, DIY-style

Find a local farm at pickyourown.org and forage for in-season berries with your organic princess. Then whip up a quick parfait: Layer the fresh berries with yogurt and granola.

Break a sweat

Volunteer together, clearing trails or building houses, and you'll increase her sense of well-being, lower her blood pressure, and strengthen her immune system. (Check out volunteermatch.org.)

Go Stargazing

Take your stargazer out on a clear night to identify constellations. And there are frequent shooting stars in July and August, according to the American

Meteor Society (amsmeteors.org).

<http://www.menshealth.com/cda/article.do>

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