

all about guys

Get A Date

knock his socks off!

The quickest way to a guy's heart? His feet! By Laura Norman, M.S.

Reflexology is a science that connects every part of your body to a spot on your foot. That means you can relax your entire body by touching your feet in the right way. Try these tips on your guy, and his feet will always lead him right back to you!

step 1: set him up

Ask him to lie on his back barefoot with his eyes closed. Light a candle, play a soothing CD, and sprinkle an essential oil (like lavender) on a warm, damp washcloth. Wrap his left foot with it for five seconds, then his right.

what it does: As the music relaxes him, the oil's scent will wake up his senses (and get rid of any foot stank!).

step 2: open him up

Wrap your right hand around his left foot—and your left hand around his right foot—so your thumbs touch the spot between his second and third toes, below the ball of his foot (see picture). Press firmly for 5–10 seconds.

what it does: This point connects to a big nerve cluster; pressing it makes *all* his senses receptive to your touch.

step 3: warm him up

Pinch and release the pad of each toe on his left foot one at a time. Then make a fist around his big toe, squeeze it, and pull it up. Repeat on his right foot.

what it does: Working on his toes—especially on his big toe, which is connected to his head—relieves tension in high-stress areas like his neck, face, and head.

step 4: tingle him up

Place your right hand around his left ankle. With your thumb on the inside and your index finger on the outside, find the midpoints between the bottom of his heel and his ankle bone; press firmly. Repeat on his right ankle.

what it does: This will send a feel-good (PG-13!) tingle through his pelvic area that'll move through his entire body.

step 5: wake him up

Wrap one hand around the top outside of his left foot, the other around his arch; wring his foot gently. Do rapid chops along the sole with the sides of your hands. Lightly run your fingers along his entire foot. Repeat on his right foot.

what it does: These quick moves get his circulation going and boost energy as you ease him out of his dreamy state.

Laura Norman, M.S., is a reflexologist and massage therapist. Her book, *Feet First: A Guide to Foot Reflexology* (Fireside, 1988), shoes, video, and foot-map pillows are available at 800feetfirst.com.



CG! TRIVIA What is the name of Ross and Rachel's baby on "Friends"? Answer this question at cosmogirl.com/trivia and you could win a grand prize!