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REVIEW SCREENING
FOR EVERY READER*

bliss

REAL LIFE!

My stepmum
is "me on fire"

Does he hate
me or my BF?

**ALEXA
HUNG:**

"I always wanted
to be different"

EXPOSED!

**Celebs
who steal**

MWAH!

Be an expert kisser
at lunchtime

**DRUGS
AND YOU:
THE SHOCKING
TRUTH**

HOT LOOKS ALERT!



**THE DYE
TRENDS**



**BRIGHT
SUNNIES**



**BOHO'S
BACK!**



**PERFECT
POUTS**

£2.50 AUGUST 2008



K

Your complete
Kissing
companion

LEARN HOW TO PERFECT
THE ART OF LOCKING LIPS
WITH OUR SECRETS TO
SUCCESSFUL SNOGGING

Real lads
reveal their top
snogs at [mybliss.
co.uk/kissing](http://mybliss.co.uk/kissing)



**BE SEXY
BE SUSSÉD**

In the UK, it's illegal for
anyone to have sex before
they're 16, and sexy girls
have the confidence
to say 'No!'

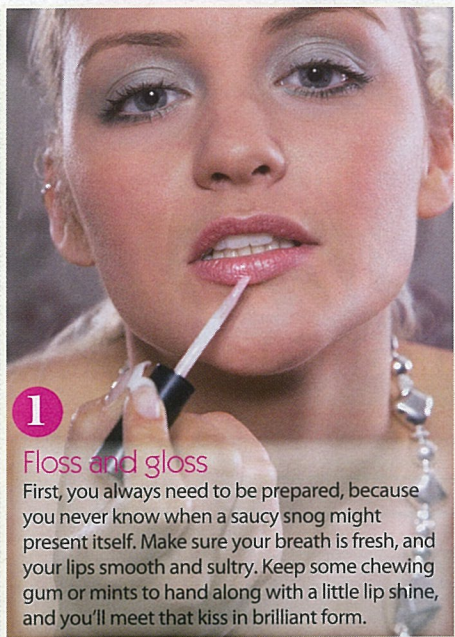
"Kissing is a
super-sexy, feel-good way
of expressing your love, like or
lust for the object of your affection,
or even just a fun way to flirt with
someone you have a little crush on,"
explains kissing expert Andréa Demirjian.
So, if you want to know how to perfect
your puckering, teach him how to be a
champion kisser *and* guarantee you
always have incredible
smooches, here's how.

**Point your
pout this
way...**

How to...

MAKE YOURSELF THE BEST SNOG HE'S EVER HAD BY FOLLOWING THESE SIMPLE STEPS

...kiss him like he wants to be kissed



1

Floss and gloss

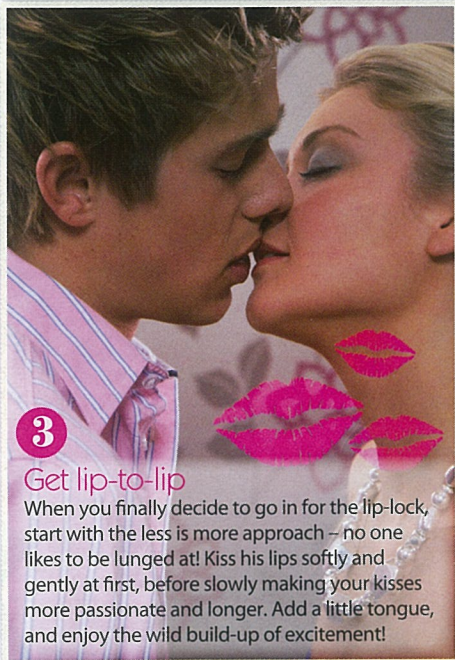
First, you always need to be prepared, because you never know when a saucy snog might present itself. Make sure your breath is fresh, and your lips smooth and sultry. Keep some chewing gum or mints to hand along with a little lip shine, and you'll meet that kiss in brilliant form.



2

Be mellow

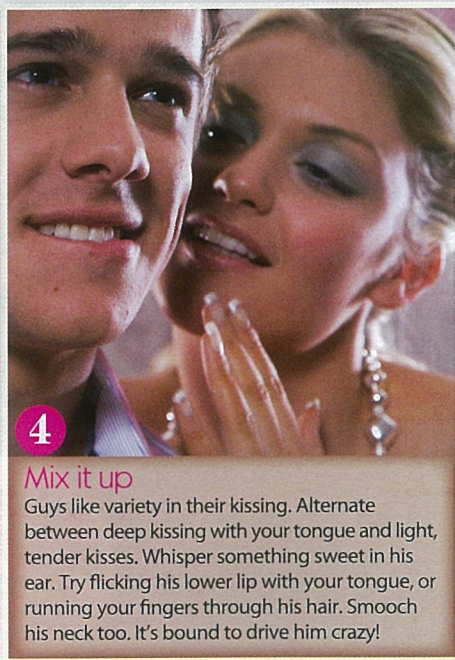
For sizzling snogs that will make him putty in your hands, it's really important to chill out and be yourself. Be warm and friendly, smile and laugh. That's sure to make him feel happy and relaxed. Then fire him a cheeky, 'come here' look. He'll find you impossible to resist!



3

Get lip-to-lip

When you finally decide to go in for the lip-lock, start with the less is more approach – no one likes to be lunged at! Kiss his lips softly and gently at first, before slowly making your kisses more passionate and longer. Add a little tongue, and enjoy the wild build-up of excitement!



4

Mix it up

Guys like variety in their kissing. Alternate between deep kissing with your tongue and light, tender kisses. Whisper something sweet in his ear. Try flicking his lower lip with your tongue, or running your fingers through his hair. Smooch his neck too. It's bound to drive him crazy!

Pick your perfect pucker place

We've all had an awkward kiss before, right? Knocked teeth, missed each other's mouths, been completely out of synch with each other? And it's probably happened when you've been at your least prepared. That's why it's important to pick the right time and place to pucker up.

A perfect smooch is all in the timing. If it's clear that you're both ready to share a kiss, make eye contact before you go in for the kill – that way, you'll know just when it's about to happen.

You also need be somewhere that you can be comfortable. A quick snog at a party can be fun, but to make it even better, be sure you're somewhere quiet where there won't be any distractions. That way, you can enjoy every second! But make sure you stay safe and are in shouting distance of your mates just in case he gets uber pushy – we're talking a quiet room just a little away from the crowd, not leaving the party with a complete random!

The secret to a sizzling smooch is all in the timing

How to make *him* a better kisser



WANT TO MAKE YOUR SNOGGING SESSIONS EXTRA-SPECIAL? THEN HERE'S ANDRÉA'S EXPERT ADVICE...

"Boys are like happy puppy dogs that are always ready, willing and able to share a yummy snog. And, like puppies, they sometimes need a little training. The best way to turn him into a pedigree puckerer is to lead by example – kiss him the way you want to be kissed and let him know what you enjoy. And just like a little puppy, when he learns a new trick or command, show your appreciation and tell him how much you like it."

A typical French kiss moves an amazing 29 muscles in your face:

On average, you will spend two weeks of your life kissing

A minute's snogging burns 26 calories

66% of people keep their eyes closed while pashing

50% of people have had a kiss before they're 14

My dream kiss

GUYS REVEAL THEIR BEST-EVER SNOGS



"A few weeks ago – it was the first time I kissed this girl that I really like. The snog started off as a playful rugby tackle in my friend's bedroom, and I'm hoping she will be my girlfriend pretty soon."

Luke, 16, Kent

"My best kiss was my first. I was in primary school and it happened behind the cricket shed. My best friend was kissing the girl's twin sister at the same time!"



Tom, 17, London



"The most amazing snog I've ever had was during one summer at a festival in Somerset. We were lying in a field, gazing at the stars. It was very romantic, but unfortunately we aren't together any more."

James, 18, Sussex