



## Fish Is Sexy, Too: Shimbashi Izakaya

We love Del Mar's dimly lit Shimbashi Izakaya for a romantic sushi date. Order up a carafe from the sake bar to get things rolling before giving the sushi chef the nod to start slicing and seasoning selections, based on whatever's most fresh that day. Or add a bit

more touching to the date experience with a roll-your-own lesson, in which Shimbashi chefs teach you the basics of rolling and cutting perfect sushi. [shimbashi-restaurants.com](http://shimbashi-restaurants.com).

## Sensual Slicer: Bencotto

For one of the city's most decadent, melt-in-your-mouth experiences, order the prosciutto di San Daniele from Bencotto. Owner Guido's \$5,000 imported Italian slicer creates the lightest slices of the premium, delicate ham from San Daniele—a more refined flavor than the in-your-face saltiness of prosciutto di Parma—to pile decadently on a platter (more is better for sure) with fried puffs of salty pasta dough. Savor with a glass of the lightly carbonated, low-alcohol Lambrusco "snack wine" (it's not always on the wine list, so ask specifically for it), and we're betting you'll be back for more. And more still. [lovebencotto.com](http://lovebencotto.com).



• **Talking about sex** can be sexy for some, so if your spouse or partner does something that feels good—in or out of the bedroom—say so. Stop "fortune telling," anticipating that you will be rejected. Your negative predictions may be the only thing in the way between you and creating more sensual "wow."

• **This leads to the importance of facing the demon that blocks your intimacy: fear.** Specifically, fear of being abandoned or of being smothered. Either way, it's about a lack of self-confidence, so strut your stuff to switch on your sex drive wherever you go, and start feeling safe being intimate.

• **Don't make having an orgasm your goal**—make *how* you have one your new finish line. Men and women have a right to complete sexual pleasure, so it's valuable to know what you like without apology, to ask for what feels good and to know how to create it for each other. Naughty or nice, keep experimenting.

• **If you think you are suffering** from one of the common sexual disorders, orgasmic disorders or lost libido, talk with your physician about getting some help. Taking care of your health and loving yourself are all-important to bringing your sexy back.

—DR. MICHAEL MANTELL



Bencotto owners Valentina and Guido di Pietro