

# Now's the time to sexperiment

Thinking of shaking up your love life this year? Vanilla couples are so 2014. Relationship expert *Helen Croydon* sets out the new trends for 2015

## The dom/sub experiment

The release of the Fifty Shades Of Grey film in February is sure to renew interest in BDSM and role play. After the mania surrounding the book, sex retailers including Lelo, Bondara and Love Honey reported up to a 200 per cent increase in sales of BDSM paraphernalia and 'bondage for beginners' workshops popped up in cities around the world. So if you've always fancied using your partner as a foot stool in a game of 'human furniture' but never dared ask, this could be your year.

## The two-night stand

Try it if you dare. With online dating increasingly competitive, first-date suggestions are progressing from a drink to a weekend at a spa (hence the two-night thing). Think of it as heading straight to the excitement without the awkward introductory drink in the pub on a Monday night. A two-day affair forces more sensitive behaviour from both parties than a one-night fling. And with no expectations it means the only baggage each of you brings will be your wheelie case.

**The flirtationship**  
For those looking to massage their ego and nothing more, the flirtationship has become an easy alternative to the real thing. The use of messenger-based dating apps such as Tinder has given rise to virtual courtships that never leave your smartphone. A flirtationship could involve daily intimate exchanges but when it comes to setting the hot date, they're always busy.

## The SALTS

AKA Separate Assets, Living Together. In other words, couples who keep their finances separate. Maybe they split the groceries but there's no joint account. So if you aspire to be an affluent Wag or indeed a kept man of the house, you may want to think again.

*Helen Croydon is author of Screw The Fairytale: A Modern Girl's Guide To Sex And Love (John Blake)*



Virtual love: Dating apps have seen the 'flirtationship' become more popular