

CLEO

SEALED SECTION

MEN WHO POSE NUDE

From Home Blokes to 'gay for pay'

We've got the pix and the confessions

PLUS
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centrefold!

Alyssa
Her looks & love life

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Kinda embarrassing sex Qs answered

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→ → → → → A DAY IN THE LIFE OF A VERY BUSY PENIS

What you think...

27.3%

of women worry about not enjoying sex

(SOURCE: THE AUSTRALIAN STUDY OF HEALTH AND RELATIONSHIPS SURVEY)

85%

of CLEO readers would not consider having a G-Shot procedure

96%

of CLEO readers said they did not approve of cosmetic surgery for the genital area

Readers say...

Almost one in three women are concerned about having an orgasm, according to The Australian Study of Health and Relationships Survey. So how far would you really go to reach sexual nirvana?

✿ "I wouldn't even consider it because it sounds so dodgy. You don't know what the repercussions are." - LYN, 25

✿ "One small jab for months of ecstasy? Sure, if I could afford it I'd definitely give it a go!"

- KERRY, 21

✿ "I've managed to zone in on my G on more than one occasion - one of the benefits of practice making perfect - and I'm pretty happy with the natural, untampered result it offers." - MARNIE, 27

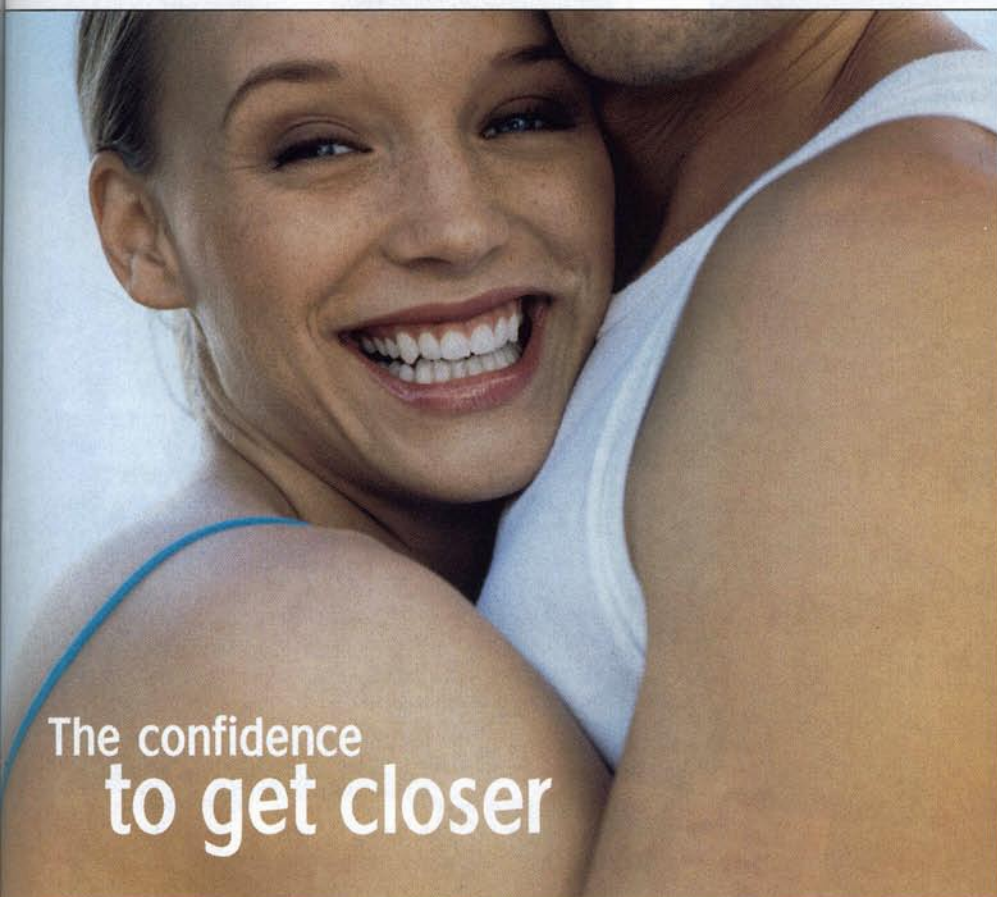
✿ "Scientists are always focused on whether guys are getting off - I mean men have Viagra, what do we have? It's about time we got our needs met." - JAN, 29

✿ "What for? I'm very happy with my G spot and the size of my orgasms." - RACHEL, 22

✿ "Not a chance. I've seen some hideous results of collagen injections. Imagine it going wrong! Ow!" - LEANNE, 25

✿ "I'm all for it. At least this type of procedure actually fixes a problem for women who have problems climaxing - unlike a nose job or bigger boobs, which are just about the way something looks rather than improving how it functions." - JULES, 31

✿ "No way! It's as silly as having one in your lip or forehead. If it ain't broke, don't fix it." - BEC, 24



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THE **G**-SHOT

...plastic surgery for your orgasm

In America they're bored with Botox, over boob jobs and go through surgeons like they do shoes. Now meet the women who are reaching orgasmic new heights thanks to a collagen injection in the G spot. Is nothing sacred?

By Georgia Cassimatis

It's a Tuesday morning in California and 28-year-old Rosemary*, legs up in stirrups in a lavish marble-floored doctor's surgery, is watching CNN. The way Dr David Matlock and his assistant are prodding and poking around down there you'd think they were performing a typical gyno check-up. Guess again. What they're actually doing is locating Rosemary's G spot so they can inject it with a shot of collagen. This process – known as a G-Shot – will make the area significantly larger and Rosemary is promised about four months of orgasmic delights.

"This is my second G-Shot and I still find it really weird and clinical," says Rosemary, laughing. "I always expect the room to be dimly lit with candles and ambient music playing, but here I am watching the news while having it done. It's surreal to say the least."

Having heard about the G-Shot through a friend who raved about her endless climaxes, Rosemary had no hesitation in handing over US\$1,850 (\$3,000) for a dose of heightened pleasure. "I only told a couple of close friends about it, but no-one in my family knows. They'd think I was totally nuts. Even though I've had orgasms before, I always felt they were much more difficult to achieve for us compared to men and I know a lot of other women under 30 who feel the same way. So I figured, why not have a procedure that can give me fulfilment?"

Medically referred to as Designer Vagina G-spot Amplification, it was pioneered by Dr Matlock, a United States-based cosmetic surgeon and gynaecologist who's been nipping and tucking for nearly two decades, and doing so 'south of the border' for 13 years.

Director of The Laser Vaginal Rejuvenation Center of Los Angeles, Dr Matlock has treated women from all 50 US states and from more than 30 countries, including Australia, for a variety of vaginal surgeries to enhance their sex lives.

Aside from the newly introduced G-Shot, his most popular treatments are Laser Vaginal Rejuvenation (LVR), which makes you tighter by decreasing the diameter of the vaginal opening, and Designer Laser Vaginoplasty (DLV), which improves the look of the vagina by removing blemishes and skin or changing the shape of the labia.

"Lots of women bring in *Playboy* magazine asking to look like the pictures in there," says Dr Matlock. Both procedures cost between US\$3,800 (\$6,100) and US\$8,000 (\$13,000). However, being a fairly recent innovation, the G-Shot is not yet widely available to the general public – so far, only 50 women have had it done.

"Because my job is to enhance sexual gratification for women through cosmetic surgery, my mind is always fertile for finding new ways to do it," says Dr Matlock. "One day I woke up and thought, 'Why not augment the G spot?' It's already turned-on and capable of providing extreme sexual pleasure, so making it bigger will also make it more readily accessible to intercourse, masturbation and sex toys."

An as-yet unpublished study he conducted on 20 women (all of them his patients) seems to prove his theory right, with most of them experiencing sexual gratification from having their G spots increased from the standard size of a five-cent piece to that of a dollar. Asked about the specifics of the material that brings about this ballooning effect, Dr Matlock says he uses a "secret formulated substance with an active ingredient of collagen" and likens it to the closely guarded Coca-Cola recipe that no-one is allowed to disclose.

“Sex is instantly different. As I felt undulating waves of

“There are more than 25 [types of] medication and 200 devices for male impotence and it takes US\$13 million [\$21m] to bring just one of these drugs to research and development,” he argues. “Is there even one drug out there for women to reach orgasmic pleasure? No, women have been left behind. If this was a male problem it would’ve been looked at, researched and solved a long time ago. This,” he adds exuberantly, “is by far is the most revolutionary invention pertaining to human female sexual response.”

Rosemary needs no convincing. “Sex is instantly different,” she beams with a mischievous smile. “As soon as his penis entered, I felt undulating waves of sensation like never before. Even though I’d had orgasms before, these were much more intense.”

Rosemary also reveals that she didn’t tell her partner, preferring to let him leave the house the next morning thinking he was an absolute stud for providing her with multiple orgasms.

“The experience left me feeling more aware and sexually empowered. My sex life was instantly better and my man and I orgasmed together. Long gone are the days of sex just being about him,” she says.

Urologist Dr Jennifer Berman and her sex-therapist sister, Dr Laura Berman, agree with Dr Matlock’s view that sexual research for women lags about ten years behind men’s. However, they stress that this disparity is a result of there being so many men who are physically incapable of having sex.

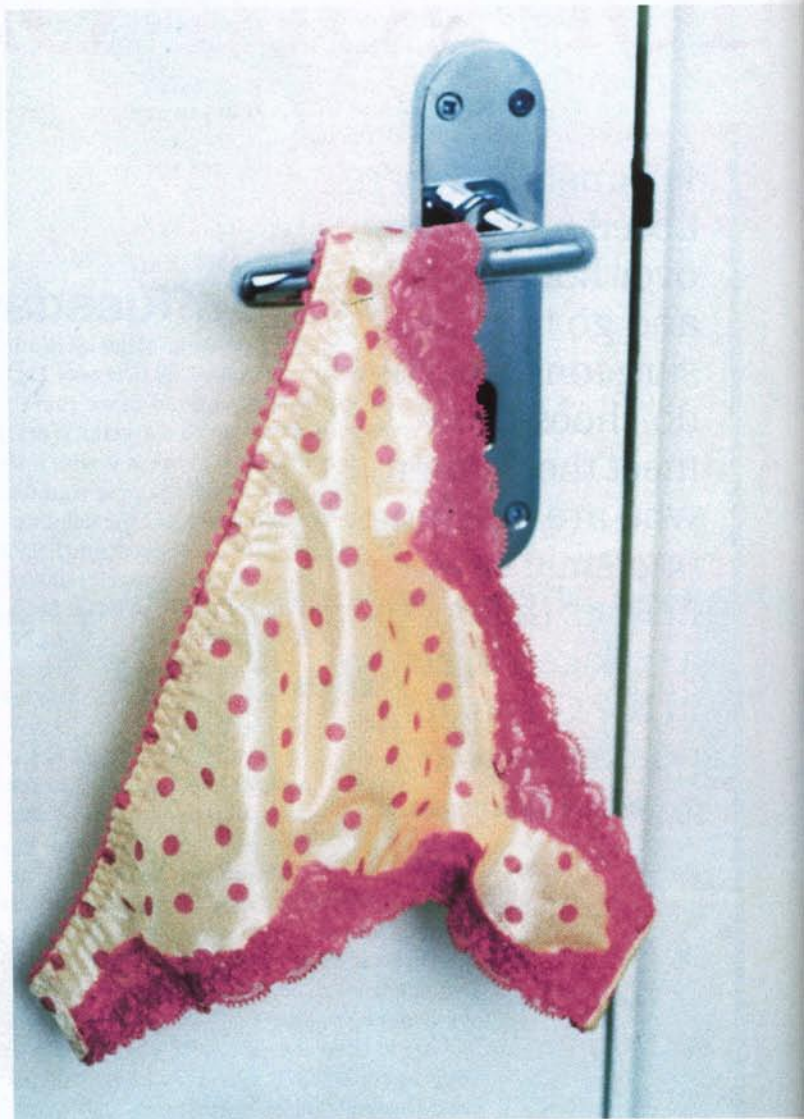
“There are medical and physical reasons why some men can’t perform. If a woman can’t perform, she can still have sex and become pregnant,” says Dr Jennifer Berman. “The issue I have with the G-Shot revolves around injecting collagen into an area with a high density of nerves. Bigger doesn’t necessarily mean better. From an anatomical, physiological and medical perspective, even though the nerves become larger, it doesn’t mean they become more sensitive.”

And she warns that while an inflammatory agent such as collagen doesn’t necessarily increase the responsiveness of nerves, it does make the area more prone to scar tissue. This may damage the nerves and cause pain, numbness or even sexual dysfunction – such as ending up with no sensation at all.

However, Dr Laura Berman says Rosemary is on target with her intuition that men want to feel successful in giving a woman pleasure. This is because a large part of a man’s self-esteem and self-worth can stem from enabling his partner to climax.

“Because she knows her partner wants and expects her to have an orgasm, it [the G-Shot] takes the pressure off her. But it’s certainly a quick fix that’s expensive and unnecessary,” she notes.

LA-based cosmetic surgeon Dr Jan Adams shares this cautious approach and advocates further investigation.



“I believe it’s great for women who have an ‘issue’ with their bodies to have cosmetic surgery, but from a scientific viewpoint, this procedure needs a lot more research.”

He points out that – aside from the fact Dr Matlock is the only person performing the G-Shot at the moment – the study of his patients is retrospective. This means they all underwent the procedure and there’s no collagen-free sample group or placebo to compare them with. Dr Adams believes a “proactive controlled study” is required where half the people trialling it should be given a fake injection, just to see if they think there’s a difference.

“These studies often reveal that people believe the hype,” says Dr Adams. “I’d also hope these women were being tested to see if they might have an allergic reaction to the bovine collagen used.”

soon as his penis entered, sensation like never before...”

Such notes of caution are not stopping women such as Robin*, a 38-year-old estate agent, from flocking to Dr Matlock's stirrups. "I've already had lots of surgery with him," she says. "Liposuction, DLV and LVR. Because of this, he asked if I'd like to be part of the G-Shot research group. I figured that even though sex was already great, I wanted to try something new and exciting."

Like Rosemary, Robin described G-Shot sex as having continual waves of sensation once the penis entered. She says it seemed like she was having one endless orgasm and loved it when she came before her partner did.

Five months after the treatment and with the collagen having worn off, her tone is now one of disappointment. "Even though it's an amazing experience and I recommend it to any woman wanting to try something different, I'm not going to spend that amount of money every few months to have it done."

The venture was a fruitful one for Robin, as she discovered that her G spot was bigger than the average anyway. "The normal size is a five-cent piece, mine was already as big as a 20-cent coin, and it blew up to bigger than that. As a result, I got to have lots of orgasms and can

dispel the myth that the G spot doesn't exist. Best of all, I now know exactly where mine is."

And that's because Dr Matlock imposes at least one condition on all his patients: that every woman who wants the G-Shot must have a knowledge of her own sexual anatomy and know how to find her G spot.

"Most women don't even know it exists, let alone where it is," he says. "Using a model of the vagina, we show them where it is, on the upper vaginal wall in the midline. Then we ask them to find it themselves using their fingers – and they always do."

Once they locate the target, they put their legs in the stirrups and direct Dr Matlock to the area. He uses a speculum to locate it, then injects a local anaesthetic to numb the pain. This is then followed by the collagen injection with an ultra-fine needle.

"It's optional to take antibiotics for the next two days after the procedure, but they can't have sex for at least four hours," he says. "It will last about four months and if they want to continue it, they come back."

Nancy*, 32, won't be rushing to return – although she certainly doesn't regret the experience. Like Robin, she'd



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Designer vaginas

While most men will tell you they've never come across a vagina they didn't fancy getting up close and personal with, some women are not so sure of their nether regions. That's where the latest in cosmetic surgery procedures comes into play – so to speak. You've heard of people requesting Nicole's nose and Cindy's hips? Well, now it's "Playmate of the Year's lips please, doctor".

Whether it's the outside or inside of their furry friend they want to alter, there's something here for every client. It's not cheap either, with costs running into the thousands.

LOOKING GOOD

- **Designer Laser Vaginoplasty (DLV)** – an aesthetic surgical enhancement of the vulvar structures, such as the labia minora (inner lips), labia majora (outer lips), mons pubis, perineum, introitus and hymen.
- **Laser reduction labioplasty** – sculpting unequal labia minora. The most common request is from women whose small inner lips protrude from the outer lips.
- **Laser perineoplasty** – rejuvenates a relaxed or ageing perineum (the part between the vaginal opening and the anus) so that the skin is a firm and taut bridge. It can also enhance sagging lips.
- **Augmentation labioplasty** – fat that has been liposuctioned from a patient's thigh, for example, is transplanted into the outer lips for more 'youthful' and plump labia majora.
- **Vulvar lipoplasty** – removes fat from the pubic mound and upper parts of the labia majora through liposculpting.

FEELING GOOD

Laser Vaginal Rejuvenation (LVR) – a one-hour procedure designed to enhance sexual gratification. This is a take on an existing gynaecological surgery to correct incontinence, a symptom of vaginal relaxation. When the muscles in the area lose tone, strength and/or control through age or childbirth, apparently you can be left with a less-than-fantastic sex life. But thanks to up-to-the-minute developments such as LVR, the vagina and perineum are easily reconstructed to become tighter, increasing the pleasure derived from intercourse. The pain factor is supposedly moderate, but there have been reports of having to hold a cold pack to the area post-surgery. Oh, and you're not allowed to have sex for a six-week period after the operation.

BEING GOOD

Hymenoplasty (reconstruction of the hymen) – this procedure can reinstate the hymen to its original all-intact status. Many women for whatever reason, be it social, cultural, or religious, need to remain 'pure' to 'prove' their worth. Born-again virgin? Yes, it really is possible.

"It made me feel really horny because I was able to achieve orgasm much faster..."

had some vaginal surgery already – LVR and DLV – and was offered a G-Shot at the special rate of US\$1,000 (\$1,600).

"I was really nervous because I'd just had my vagina tightened, so when Dr Matlock put the speculum in to insert the anaesthetic, it killed," she grimaces. "But I bore the pain and asked him to hurry up. It was over in 15 minutes."

Two days later, Nancy masturbated and could instantly feel the difference. "As soon I put my fingers into my vagina, I could feel my G spot and started having intense orgasms that lasted twice as long as normal. It also made me feel really horny because I was able to climax much faster."

Nancy also believes that having the G-Shot improved her sex life exponentially. "It increased my libido, and intercourse and masturbation feel better. But I don't think I'd have it again because I don't want to pay that much money. Having said that, it's definitely worth investing in, especially if you've never had an orgasm."

Dr Laura Berman says it saddens her that women would pay such an exorbitant amount of money and interfere with their natural bodies in order to reach ideals that, in this case, are not necessarily unattainable.

"Unless a woman has some sort of genetic or musculature problem or some reason why her vagina's not functioning properly, she shouldn't need surgery to enjoy fulfilling sex," she says, before noting that none of the women interviewed in Dr Matlock's study were in loving, long-term relationships.

"If you have a successful sexual encounter, you're going to want to do it more and you'll have a happier sex life because of it," she says. "But for a woman who's tried everything – having sex with a caring partner where she felt safe, honoured, empowered and good about herself and her body, plus she'd done all the pelvic-floor exercises that help reach orgasm and had experimented with finding her G spot and self-stimulation – and still wasn't able to have an orgasm, then go and try the G-Shot."

Nevertheless, Dr Laura Berman says that she would still like to put the G-Shot through a trial procedure, involving at least two women: one who would be given a fake injection and one who'd be given the real deal.

"Guys are always trying to find ways to make their penises bigger, so it makes sense for a man to come up with a procedure to make women instantly have orgasms," she says. "At the end of the day, I believe it's a fad and I'm not buying into it without a lot more research."