Your Road Map to Summer!

Beachy Hair
Sun-Kissed Skin
Bombshell Body

Carrie Underwood Uncensored on love, her fears, and why she would go to a shrink

The Cheater’s Diet That Really Works

True Story Kidnapped! “How I Survived 93 Days as a Hostage.”

Fashion Heats Up
How to Wear the Season’s Hottest Trends
June 27 is National HIV Testing Day, and for the first time, a DIY test is available: OraQuick, the only FDA-approved, over-the-counter in-home test. In the past, at-home testers had to prick a finger and send a blood sample to a lab. With OraQuick, swabs from your gums are tested, and in 20 minutes you'll know your status. It's available at drugstores for around $40.

Talk Dirty
Readers share their deepest sex, love, and relationship secrets.
This month: Lauren, 22, project manager, Chicago

Relationship status: In a new relationship (about three months in).
Number of serious relationships: Two.
Longest relationship: Three years.
The moment I knew I was in love: When his happiness made me happy and his sadness made me sad.
Nicest thing a guy has done for me: I was on my way to visit my long-distance boyfriend, and so many things had gone wrong—gate changes, delayed flights, no time to eat, etc. And I'm a nightmare when I'm hungry. My boyfriend was waiting in baggage claim at midnight with a cheeseburger and said, "I was going to get you flowers but thought you'd enjoy this more." It was one of those moments when you realize how well someone knows you.

Sexual pet peeve: I cannot stand when guys pull my hair. I'll stop everything and say, "Don't do that again."

Does size matter? Absolutely! Any woman who says differently either hasn't experienced enough or doesn't really orgasm from intercourse.

I lost my virginity: At 16—I had it all planned out. I even asked my mother if I could go on birth control beforehand.

Greatest fear before sex with a new partner: That he won't have a nice-size penis.

What I like (or don't like) about my body most during sex: When I'm not having sex, I hate my thighs, but that doesn't cross my mind in bed.

My favorite new thing I've tried: Being handcuffed and blindfolded. I have a very strong personality, so being submissive was the biggest turn-on. The next day at work, I could still see some light marks on my wrists from the cuffs and it felt like I had a dirty secret.

Laying Tracks
If Spotify is your sex playlist, your social network can probably guess when you're holding a "private session"

It's midnight and you're about to get down—but because you haven't set your Spotify account to private, we can all assume what's happening. (Sure, Sign 'O' the Times could be your bathtub soundtrack, but that's not what we're imagining when we see it in that right-hand column.) The albums giving your late-night action away:

- Woman, Rhye
- Channel ORANGE, Frank Ocean
- Mezzanine, Massive Attack
- Doo-Wops & Hooligans, Bruno Mars
- Coexist, The xx
- Dummy, Portishead
- Brown Sugar, D'Angelo
- Continuum, John Mayer
- FutureSex/LoveSounds, Justin Timberlake
- Anything by Prince, R. Kelly, Sade, or Marvin Gaye (obviously)