

INSPIRE

You can have anything you want in life if you dress for it.
DESIGNER, EDITH HEAD



Marie, 48

I'm 54, an ex-sex columnist with a younger lover. So what can a French sexologist teach ME about having an even better time in bed?



Karen, 54

Pictures: MARK HARRISON/Hair and make-up: AMANDA CLARKE AT JOY GOODMAN AND DESMOND GRUNDY/Styling: CAMILLA RIDLEY-DAY

by Karen Krizanovich

A LOT can change in a lifetime – marriage, divorce, our health – and along with this, our sex life alters, too.

I'm 54 and the one thing I didn't predict was that at this stage of life I'd have a partner ten years younger than me.

That's a libido boost in itself, of course, but it doesn't hurt to shore things up with proper sleep, exercise and a healthy diet too.

These all give you the best chance of a thriving sex life post-menopause, after all.

Sex has always been important to me. I spent years as a sex columnist on Sky Magazine (remember that?), where my cult following earned me the label 'Britain's agony aunt with attitude'.

I know how to address intimate problems – I know how to keep both sides of a sexual partnership happy, and how to make sex the

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