

SATURDAY

REAL ESTATE
ADVERTISING
INSIDE

SFVN

FEBRUARY 11, 2017

FOOD & DINING :: HOME & DESIGN :: MIND & BODY :: L.A. AFFAIRS :: GEAR & GADGETS



GINA FERAZZI Los Angeles Times

THIS 1960 developer-built home had become dated and frayed. Keith Zabel and Randy Shemaitis rolled up their sleeves and got to work thoroughly modernizing it.

MODERN LOVE

A couple's affection for Midcentury Modern design leads to Palm Springs and a Meiselman-built home in need of a spruce-up. Just look at it now. **HOME & DESIGN**

MIND & BODY



FRANCINE ORR Los Angeles Times

"A LOT OF PEOPLE still believe in a lot of myths," says America's venerable sexpert Dr. Ruth Westheimer.

Q&A

Dr. Ruth, ever advising

By TIFFANY HSU >>> Dr. Ruth Westheimer is, at 88, still doling out her take on love and loving. (She tweets regularly at @AskDrRuth to her 88,400 followers.) ¶ Read on as the high priestess of hanky-panky — in Los Angeles as the keynote speaker for last weekend's Sexual Health Expo — talks about everyone's favorite topic.

So, how many times a week should people have sex, anyway?

I can only say that I hope that anybody in a good relationship has caressing and hugging in their lives every day and is having sex as often as both partners want.

What if that's not happening and the relationship is sexless?

There's really no answer to that. People have different needs. But if I hear about a relationship that has absolutely no sexual component, then I would like them to go see a sex therapist to find out what the problem is. Especially if it happens for a long time, then it probably shows that something is not right in

that relationship. Most people in a relationship would like to have that sexual satisfaction and intimacy.

What's the state of sexual understanding and acceptance today?

We in this country have the best scientifically validated data about sexual functioning that has ever been available. I do believe that, in most relationships, sex does and ought to play a large role. Although we talk a lot about sex, there is still a tremendous amount of work to be done. A lot of people still believe in a lot of myths.

What kind of myths?

Somebody recently asked me whether sex al-

ways has to be simultaneous — because people who love each other must always want to have sex at the same time. Not so. Heterosexual or homosexual partners should provide satisfaction to each other. They can provide that satisfaction without being sexually involved — they can use vibrators or positions or just hug and kiss and go to sleep.

OKCupid, Match.com, Tinder — would you use them?

I have nothing against the Internet meeting places, as long as people use them intelligently. I don't want people to be lonely. I would like them to find partners. But they have to use their brains, never meet in a secluded place. Otherwise,

I'm all for it. I don't have scientifically validated data, but once two people have found each other and found interest in each other, my hypothesis would be that the relationship has a good chance of being successful.

You have a book called "Dr. Ruth's Sex After 50." What are some key misconceptions about sex and aging?

Older people have to be sexually literate. No sex in the evening when they're tired. The best way for older people to engage in sex is after a good night's sleep. There's a whole body of knowledge that older people need to know, like how important it is to caress and be caressed.

health@latimes.com

HEALTH HAPPENINGS

Schedule time with valentine

By KAVITA DASWANI

Valentine's Day doesn't have to be about gorging on chocolates and tossing back the Champagne. Here are some unusual and relaxing ways to enjoy the day with someone special; there's even one if you're flying solo.



SARAH CORDIAL

Graceful, loving support

AcroYinYoga is a type of yoga that needs to be done in pairs — given that one person keeps the other aloft. AcroYinYoga, in which participants use each other for support (literally), provides a graceful workout founded on acrobatics and inversions. Husband-and-wife certified instructors Rory and Sarah Cordial bring the experience to your home or a park. \$500 per couple for a 90-minute session, through curated experience company If Only. A portion of the money goes to the Young and Brave Foundation, which fights childhood cancer. ifonly.com



Chateau at Lake La Quinta

Pamper, pamper, pamper

Get a couples massage on the books before you check in at the Chateau at Lake La Quinta, which is offering its Valentine's Day-themed L'Amour package through the end of April. Included is a lakefront suite at the newly revamped Palm Springs hotel, as well as a pair of hour-long massages, a bottle of Champagne and breakfast in bed. Rates start at \$409 a night, excluding a \$25 daily resort fee. thechateauakelaquinta.com



Mission Inn

The promise of rose petals

Another romantic getaway: The Tuscan-inspired Mission Inn Hotel & Spa in Riverside, where a spa experience is front and center. The Italian Rendezvous for Two (\$475) includes a Chardonnay body scrub, couples massage, Champagne, chocolate truffles and scalp rub to soothe out tension. Or have some alone time with the 105-minute Romancing the Stone package, which features a warm stone massage, a bath filled with rose petals and a glass of Champagne. \$250 per person. Sunday to Thursday rates at the hotel start at \$179 a night until the end of February. missioninn.com

Dharmic path to serenity

"Waking Up Together — Can Dharma Help Our Relationships?" is the name of a Sunday workshop run by meditation and mindfulness teacher Trudy Goodman and psychologist Cheryl Fraser. Designed for couples as well as singles, the session will teach how to transfer the calm and serenity felt in the meditation studio to strained relationships. 1 to 4 p.m. this Sunday at InsightLA Olympic, 1430 Olympic Blvd., Santa Monica. Priced on a sliding scale, \$40 to \$75 per person, depending on need. (310) 450-1821. insightla.org

health@latimes.com

FOR THE RECORD

Bike light brightness: A Jan. 28 story about bike trends said the Oculus bike light produces 1,500 lumens. It produces 1,800 lumens.

Psst...LA Times Subscribers: Coffee not included, but Unlimited Digital Access is.

Your Unlimited Digital Access includes:

- Full, 24/7 use of latimes.com and its mobile app
- The eNewspaper, a replica of the day's paper

Los Angeles Times

Call us at **213-550-3953** to activate your digital access today
Or visit latimes.com/Activate