

Take A Walk On The Fun Side With...

Flavia's Global Adventures: Sex, Food, Travel

When you first meet Flavia you are taken back by her stunning beauty. The leggy, five-foot-eight, blonde is built for fun. One might confuse the alluring Australian and her soft accent for a real-life Barbie Doll. But in reality, she is a sophisticated, well-educated professional (skin doctor) who is a world traveler and has lots of wisdom – and humorous stories -- to impart about her passions: men, food, traveling, photography, fashion...and living a liberated life. She wants us to step out of our tired comfort zone and into a new life. Flavia's infectious enthusiasm cheerleads and emboldens us.

Sexy. Sassy. Smart. Those are the accurate words to describe the natural beauty and playfulness of Flavia. And they are the words she hopes will describe many other women who read her new book, *Flavia's Global Adventures: Sex, Food, Travel*.

Flavia, a former catwalk fashion model, shares her outrageous tales of the men she consumed – and a few who got away – while globetrotting to fascinating places that possess beauty, intrigue, and a rich history. You're transported to a vibrant setting, through gorgeous, original photographs of Milan, Mykonos, Monaco, Maldives, Maui, Miami, and Melbourne – and that's just the M's! The diva of passion reveals how she devoured delicious meals and mood-setting drinks (recipes included) amidst some of the world's most beautiful vantage points and equally attractive men. We're taken on a voyeuristic ride but the fun doesn't stop there. With a touch of Australian mystique, she shows each of us how to explore the best of what life has to offer.

Through Flavia's exploits and sexcapades we're taken on a journey to:

- Gain insight on how to live a passionate life and are inspired to pursue our dreams.
- See a new approach to travel – and how one can be on an adventure, even at home.
- Explore the limits (if there are any) to fun and excitement.
- Learn how sex can be an integral part of your youthful beauty regimen.
- Understand how food, fashion, travel, and romance are all connected.

The vibrant, single, city girl is Flavia's lifestyle and she encourages other women to embrace it as well. "We live in an overworked, stressed-out shell but it's time to have fun," says Flavia. "Women can live beyond a life of norms, routines, and expectations."

Flavia, a savvy world-traveler, is available to discuss:

- Her favorite countries and cities, rating the food, sites, and, men.
- Why we must travel more often, as trips allow us to explore not just another city or culture, but ourselves as well.
- How to prepare for a long airplane flight, from packing tips to suggestions on what to wear, eat, bring along with you – and how to get an upgrade.
- How to live a more adventurous life and live on the wild side.
- How to look and feel your best the minute your plane lands.
- Her most exciting, daring, and entertaining – as well as embarrassing – travel moments, including her Mile-High Club experiences.
- How she achieves excitement and pleasure in foreign land.

Flavia, has a youthful passion for life. The former model lives life with a sense of adventure, curiosity, and pleasure that is infectious and desirable. The Australian's advice is universal. Her new book melds a fantasy of the senses that provides each of us with a passport to fun and excitement. Indeed, some of her stories give new meaning to "room service."

The former bikini model is also available to discuss:

- 5 ways to look like a sexy superstar in lingerie.
- How to dress – and undress – for your next male conquest.
- What really turns a guy on – and off.
- How to seduce your man.
- Ways to spice up your bedroom playground.

Her delicious recipes for food, drinks and dessert are utterly seductive. Her words, photographs, and exotic recipes flirt with the reader, luring us in to her world of living life not with reckless abandon but unadulterated passion. Flavia's guide sensually explores a beautifully paved terrain of fashion, food, beauty, travel, entertainment, and adventure.

A sample of the entertaining stories revealed in her book include how:

- Flavia almost burned her house down cooking something special for a love interest.
- She was propositioned in the Fiji Islands by a couple for a threesome.
- A strip tease show for a date that landed her in the hospital.
- A jeweler tried to barter sex for a Cartier bracelet.
- A Maldives hotel waiter was intimidated by the topless sunbathing of her 36D's.

Flavia concludes: "Passion is the force that drives us. We all seek pleasure and excitement in our lives. To travel to amazing destinations, explore other cities and cultures expands our horizon and perspective on life. To taste delicious food and culinary delights in exotic locations is a journey in itself. Traveling takes you out of your comfort zone and routine, and opens a whole world of possibilities. That is the essence of adventure and excitement. We feel a sense of freedom as we leave the stresses of our lives behind. To capture the essence of an experience requires us to be in the moment."

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Flavia

Biography

Flavia is the author of a new book, *Flavia's Global Adventures: Sex, Food, Travel*. She is featured on the cover of her book, photographed with one of Australia's top male models.

Flavia lives a vibrant life in pursuit of her passions – food, travel, and romance. She is a cellular skin specialist by trade but Flavia is more of a “fun guru” and sex therapist, always sharing fascinating stories of her own adventures and offering advice and guidance to those who dare to live a fulfilling life.

The former catwalk fashion model has lived, worked, and studied throughout the world. She has traveled to dozens of countries and scores of cities, from romantic Venice, Italy, to exhibitionist South Beach, Miami to fashion-conscious Monaco, France to the scenic Maui, Hawaii. Flavia lives freely, without inhibitions or hang-ups, exploring where her desires take her.

She resides in Melbourne, Australia but she feels at home wherever she goes. Aside from travel, food, fashion, and men, her greatest fulfillment comes with her charity work. She provides free medical services to poor teens with major skin problems such as acute acne and connective tissue damage. She also comes to the aid of neglected or abused animals.

Flavia lives her message that one should take a holistic approach to life, encouraging people to feel good about themselves and to lead a healthy, fun, productive life. For Flavia, she finds enjoyment from so many sources, whether its photographing a new city, experimenting with a new dish, or testing the boundaries of sexual ecstasy with a new lover.

For more information, consult: www.sexfoodtravel.com.

Flavia

Q&A

Flavia's Global Adventures: Sex, Food, Travel

- 1. You write about three of the most powerful and entertaining areas of our lives: sex, food, travel. How did you manage to combine all three?** We all seek pleasure and excitement in our lives: to travel to amazing destinations and explore other cities. This process allows us to expand our cultural horizons and perspective on life. To taste delicious food and culinary delights amidst stunning surroundings is a journey in itself...and the greatest pleasure of all is the sensual journey to sexual fulfillment. It contains all the elements of excitement, desire, anticipation, lust and exploration. Sex is the ultimate opportunity to be creative!
- 2. Of your travels to places like Monaco, Florence, Miami, Maui, Sydney, and dozens of other cities across the world, which places did you like the most? Why?** My favorite global destinations range from the ultimate energy vibe of New York City with the seeming unlimited possibilities of endless shopping, theatre,, sexy, intelligent pro-active American men, Central Park and a global food haven. I also love the serenity and crystal-clear waters of the Maldives, where perched on your water-side bungalow all the cares in the world drift away. Let's not forget the cultural, historic and unique splendor of Venice, where a vaporetto ride from your hotel to the Piazza San Marco takes your breath away.
- 3. In which country or city did you find the men to be the most flirtatious? Were they good in bed?** I find American men very sexy. They are sporty and have a great sense of adventure loving the outdoors. Their approach to women is pro-active and they usually have great conversational skills...which is sexy in itself! In bed, they certainly know how to please a woman. Italian men, are by far the most flirtatious. Their approach is very polite and usually begins with "May I give you a compliment?" However, it quickly moves to a more sexual emphasis. Italian men do live up to their reputations of being hot-blooded, passionate, sexy lovers. They genuinely like women and live for pleasure with women. They really admire women who are very feminine in their dress and manner. This is a huge turn-on to the Italian stallion!
- 4. You offer some delicious recipes in your book. What do you love best about cooking?** Cooking can very much be a sensual experience. One is creating a culinary journey from a mix of ingredients. I find the act of cooking to be a stress reliever. Cooking in sexy lingerie is fantastic foreplay. Add a beautiful setting and candle light and you will have an exciting night. After all, you need to feed your partner so he has the 'fuel' for the raunchy night ahead! Cooking together adds some spice to the night. Throw in a few playful food fights and it can end up like a sexy scene out of the movie *Nine and a Half Weeks*.

5. **How did you utilize the help of a successful chef to come up with these recipes?** I chose recipes that complimented the locations of the stories. I approached a well respected, talented chef to create these recipes to add to the cosmopolitan vibe of the book. These recipes were then created for the pleasure of the reader. I tried to create local dishes pertaining to the region in the story line. I really learnt to love sushi when I was in Miami, so I wanted to add a special section in the book on how to make sushi which I thought the reader would appreciate. I think it turned out really well, especially the background which complements the recipe to well.
6. **How can food be linked to romance?** Food is definitely a sexy part of romance. Dining by colorful lanterns followed by a decadent chocolate dessert, feeding each other...all enhances a romantic experience. Tapas, antipasto and fondue all involve sharing food which bonds the experience by being fun and playful. Cooking for someone requires effort and I always find that the effort I put in is very well rewarded.
7. **What are some of the best lines you've been fed overseas by guys?** I think it takes a great deal of courage for a man to approach a woman full stop, so I do make a point of trying not to be too harsh on them when they stuff it up and perhaps say something lame. Some of the funny lines that I have heard is "tea, coffee or me" and "You are gorgeous, I want to take you home, tie you to my bed and make you come with a feather". Or "your legs are so hot, they look a lot like the stairway to heaven"...I mean you have to hand it to them for trying even though it's not going to get them anywhere.
8. **What is it like to throw caution to the wind or dismiss the rituals of dating and meet strangers in a foreign land and suddenly become intimate?** Intimacy still takes time, however, when you are in a foreign land...time is of the essence and situations do progress a lot more rapidly. Being on vacation is an aphrodisiac in itself. We feel liberated and out for adventure....that is why we are there in the first place, to experience something different and new. It is very sexy to be in a strange, exciting city and explore it for days or a week with a hot guy....and then explore him...it is all part of the adventure.
9. **People think of you as fun and sexy. But what they don't know is that you actually have a system in place for the men in your life. Care to reveal?** Well, let me tell you this: sex not only delivers ecstasy and relaxation, it is the core of strategy to remain healthy and youthful. You can fight aging with romps in the sack! Bedroom aerobics has always been a staple of my healthy lifestyle and I recommend it for everyone. Great sex gets the blood rushing, literally, and it makes us feel good all over, physically, psychologically, and even spiritually. There's nothing I like to do more than to share a sensuous moment with a lover...but delighting in scrumptious food while I take in the sights of another country are close runner-ups. Well, no need to choose – you can have all three!
10. **Flavia, you can probably have just about any man that you desire. How do you choose your lover?** It is not the quantity of lovers that matters, but the quality. I have a 'Flavia Policy' one lover at a time. They are young, hot and sexy and certainly make an exciting addition to my anti-aging program. Aside from the all the extensive amounts of vitamins, minerals and health-related stuff that I do to look the way I do....the most important part of my anti-aging regimen is PASSION with my lover. The lover concept is an 'arrangement'. They take me out, wine me, dine me, and then devour me. The lover concept is once a fortnight. We like and respect each other and are not sleeping with other people. The only reason why we are not 'dating' is the age gap and most of them want children or they just haven't found the right girl to settle down with. I transport them into a world of sexual passion and fun, and although they get addicted to

this, with mutual respect, we work it out. If they meet a girl that they want to 'check out' as a potential partner, they let me know and we cease our arrangement. This does happen from time to time and when it doesn't work out with the new girl (approximately six weeks in most cases) they are begging me to take them back! If I meet someone I am interested in as a serious partner, the same rule applies.

11. **When walking the beaches of Turtle Island in Fiji you were approached by a couple to participate in a threesome. What made you decline their offer?** Have you declined other such offers? I have been offered so many threesomes in my life that I have lost count! Even an ex boyfriend offered me to choose another guy to join in with us as my birthday present, thinking I would be impressed...not so, I was actually insulted as I do have a policy...'one victim at a time'. I enjoy giving my full attention to one man at a time and savoring every second of sensual bliss.
12. **Did you almost burn your house down while cooking a surprise meal for your boyfriend?** Yes, I absolutely did almost burn the house down. At that stage I was a novice cook and had absolutely no idea what I was doing. I was trying too hard to be sexy and get everything right and inevitably that is when things go pear shape, as in this case. A ruined oven, a singed designer robe, a smoke filled house and a sexy guy in bed...oblivious to it all until the house was filled with smoke and he came out to me rolling around the carpet as my robe was on fire!
13. **What's your vision of a romantic evening?** My idea of a romantic evening can be anything from a summer evening outdoor picnic followed by a beach stroll to relax...then a lantern lite hot tub under the stars followed by food tasting off each other's bodies...delicious! However, my idea of a super sexy playtime evening differs from a romantic evening and my lover and I have an understanding about this. A super sexy playtime evening begins with his arrival and the strict instruction that he is not to open his eyes as I open the door. I blindfold him as I guide his hand up my thigh so he can only imagine the suspender and garter belt...then with a passionate kiss I guide him to the bedroom where playtime really begins!
14. **How does a guy make a good impression on you?** A guy makes a good impression by approaching me in a friendly, fun and respectful manner, by being a great communicator, well dressed and beautiful sexy after shave is a must! A guy makes a good impression by being confident in himself and not coming across desperate or a 'power player' No one liners or arrogance. The best approach is to be natural and just say "Hi, how are you?" simple and effective. When guys try to complicate it, it seldom works to their favor.
15. **What is it about traveling to other countries that brings out a different side of ourselves?** Travelling to other countries takes you out of your comfort zone, routine and opens a whole world of possibilities: that is the essence of adventure and excitement. We feel a greater sense of freedom as we leave the stress of our normal lives in the distance. One of the best statements I read is posted on my fridge' Where you go becomes who you are, go somewhere exceptional' enjoy the journey, savor the adventure.
16. **You present photographs of such beautiful places. How can each of us capture the essence of the cities we visit?** Capturing the essence of a city requires appreciating being in the moment of where you are and just 'be' We travel to a city because we are drawn by a desire to experience it. It's important also, to get off the beaten track on not only see all the tourist attractions but also to live as a local: dine where the locals dine, venture to the outskirts of the city and explore the countryside. There are a plethora of treasures to explore outside the normal tourist route. I always allow a minimum of 4 days to explore a city.

17. **Why is life on the road so different than life at home? How can we spice up our day-to-day living?** We can all spice up our day to day living by creating 'mini adventures' creating new experiences: a new hobby, learn another language, a cooking class, new lingerie, join a gym... all it takes is imagination, and once you begin, the adventures are endless. I love watching children play, they are curious about everything and explore without fear. We tend to lose this precious curiosity as we get older and with that we then limit ourselves...I really make a conscious effort to remain 'playful'.
18. **How old were you when you first traveled out of your country? How old were you when you had your first romantic encounter overseas? What was that like?** I spent 3 months in Europe, by myself, no tours, in 8 countries when I was 20 years young. I intentionally threw myself in the deep end and just wanted to work it all out for myself. It was the greatest learning curve of all time...and I was hooked! I experienced three special romances on that vacation: an American, an Italian and a Greek lasting between 5 days and 2 weeks each. It was so much fun. It made me realize that time is so precious and special moments are to be savored. Every year since, I have explored the world.
19. **You have so many hobbies and passions, from photography to cooking, and from travel to men. You help coach us to have fun. You're kind of a passion coach. What advice do you have for others to live a less inhibited life?** The most important thing is not to be afraid. When I was 11 years young, I was seriously ill in hospital for 3 months. My grandfather was my best friend and bought me an atlas to distract me. He explained the world to me and told me that I would get well. He made me promise that when I was old enough, that I would travel the world with a sense of passion and adventure. I did get well and my grandfather died shortly thereafter...I kept my promise.
20. **Which is more fun and why: Sleeping with a stranger on a beach at night or shagging a lover in a very public place by daylight? Have you ever done either one?** I have done both – each has its appeal. It's up to the individual to find what it is that makes them excited and happy. The main thing is each of us should always strive, through experimentation, to explore life to its fullest to secure what makes them feel great all over.
21. **You describe Italy as a country that is so fashion conscious that sexy elegance is expected at all times, more often than not to the detriment of one's body. To what extent will you go to look your hottest?** In order to look my hottest the extent that I am willing to go to is: spray tan, teeth whitening, hair extensions, pedicures and the odd Botox injection. Clothes are very important component of me feeling hot...the right outfit can totally transform the way you look and feel.
22. **Many of the recipes in your book are for dishes you consumed while carrying on a night of torrid sex. Is there some kind of magical aphrodisiac in the food that brings out the diva within you?** I am a chocoholic...so it always brings out the diva in me! Even if my partner is not a chocolate lover, it is amazing when you place chocolate in certain places, how much they enjoy eating it! I very much enjoy incorporating food and sex...it enhances the entire experience. The simple act of feeding a partner strawberries dipped in chocolate...can only serve to enhance the pleasure of the evening. It's all about the pleasure derived from each other that creates the magic.
23. **Some of your stories are humble, such as when you threw up while on a date. Is it harder to reveal such embarrassing stories than to boast of your sexual prowess?** I think (I would like to hope) that we have all had brilliant sexual experiences. Then there those times that

resemble something out of a Woody Allen Film. ...because I am so comfortable with my sexual prowess, I am happy to share my disasters with my reader. Things go wrong and I think it is very important not to take things too seriously...after all, it's playtime and there are always casualties in the playground from time to time. In New Zealand when I was doing the striptease, who would have thought that I would have ended up in a hospital...it makes one hell of a story!

24. **Can you give us some wardrobe tips for women who want to be noticed by the right kind of guy?** The best wardrobe tip was given to me by my elegant grandmother: no matter what the fashion trend at the time, always wear clothes that flatter your body shape. I actually do not wear a lot of black. I love color! Red and hot pink are passionate and sexy. My favorite designers Roberto Cavalli and Dolce and Gabbana create the most divine garments with majestic colors that I fall madly in love with. The clothes I wear are a reflection of who I am and the way I feel about myself. I always remember that when I am getting dressed...and undressed of course! The best wardrobe tip is not to try too hard. The right kind of guy is looking at the package...your clothes, your body shape, the way you move, your body language, if you are smiling and look approachable. Always wear something you feel comfortable in so that you feel great. When you feel more relaxed you look more relaxed and the right guy will be just around the corner!
25. **You were once a fashion model, so you have a great natural look that is highlighted by an impeccable wardrobe. What is it that you believe draws the attention of guys to you?** Men are drawn to fun and sex appeal so I wear clothes to reflect my personality. I love what I wear, so when I slip into something it enhances the positive way I feel...that will always attract men like bees to honey!
26. **You mentioned that while you were sunbathing topless at a hotel in Maldives the waiter was so intimidated by your large breasts that he couldn't serve you drinks. Does your beauty scare off guys?** What are your measurements? I think that beauty can only scare the wrong man off. The right guy is not intimidated by beauty as it is something that he values and seeks. Men have confessed that they were reluctant to approach me for fear of rejection, however, after observing me for a short period of time, took the chance because they looked passed my looks to my behavior and they felt more at ease to take a chance.
27. **It seems that you were brazenly seduced by men in every city you stepped foot in. You mentioned one man had a penis the size of an infant's but yet another guy's package was too big for you to handle. Does size really matter?** Size actually does matter when it is to the extremes. Too small or too big does present a problem. Lucky for us girls, most guys fall somewhere in the middle. Then again, women's sizes vary too, what may be too large for one woman makes another woman's vagina sing!
28. **Okay, we must ask. You're body is like a human Barbie Doll. You're built for sex! Is it all natural?** I do tend to date younger men usually because they are attracted to my vibrant personality and energy, and therefore, underestimate my age. Am I honest about my age if asked...absolutely! I stay youthful with my attitude, my attention to exercise and diet, and as a result of my sexual lifestyle. I also have great genes! I know you're wondering about my measurements – they are as follows: 36D-26-33. I am five-foot eight, with long-flowing blond hair. My legs and butt are my best features, although the boys tend to focus on all my body parts. Naughty boys!

Sexy, Hot Drinks For Living An Adventurous Life

Beso Me Martini

Serves 1:: pre time 4 mins

¼ apple chunks	2 sage leaves
5 ml cinnamon monin	5 ml vanilla monin
20 ml apple vodka	20 ml peach schnapps
20 ml apple schnapps	20 ml apple juice
5 ml fresh lime juice	Cucumber slices

Combine apple chunks, sage leaves, cinnamon monin, and vanilla monin; and muddle. Add apple vodka, peach schnapps, apple schnapps, apple juice and fresh lime juice; shake and double strain into a martini glass. Garnish with sliced cucumber.

Razzle Dazzle

Serves 1:: prep time 4 mins

30 ml raspberry puree	10 ml five spice star anise syrup
30 ml pineapple juice	5 ml fresh lemon juice
40 ml 1800 Reposado tequila	10 ml Cointreau
10 ml fromboise	Orange zest
Star anise	

Shake all ingredients and strain into a chilled martini glass. Garnish with a flamed orange zest and a scorched star anise.

Mo Schmango

Serves 1 :: prep time 4 mins

1 mango cheek	3 fresh strawberries
1 tsp vanilla sugar	10 ml fresh lemon juice
60 ml apple juice	60 ml guava juice
5 ml white chocolate	1 mint sprig

Cut out the inside of the mango cheek and muddle with 2 strawberries, and vanilla sugar. Add in the lemon juice, apple and guava juices, along with the white chocolate; and shake. Dump into a Boston top glass, with crushed ice. Garnish with a diced strawberry and mint sprig.

Excerpted from *Flavia's Global Adventures: Sex, Food, Travel*

Flavia's Global Adventures

Select Excerpts

Losing One's Head Over Another's Top

"A little time had passed when my attention was directed toward a young Moldavian waiter approaching me. He stepped up to the side of the deck bed, blocking the sun and shading my body, while subtly silhouetting his frame in the process. He leaned forward, proffered a menu and asked if I would like a drink. Noticing an extremely strange expression on his face, but at that point too drained to ... I requested a mango mocktail. The waiter took my order and left.

"Ten minutes later the hotel manager approaches, informing me that my breast had 'traumatized' the drink waiter; I am after all a full D-cup. He then offered to assist me in putting my bikini top back on...as only a gentleman would."

Hot Boyfriend, Hotter Food

"Disrobed, and about to get into the bath, I heard a strange noise. Throwing my robe back on I dashed into the kitchen, to find fire and smoke billowing from the oven. The Pyrex dish had cracked, the oil had spilled, and the oven had caught on fire.

"Stupid...that's me, did all the wrong things; don't ask. My robe caught fire, the kitchen was on fire, the house nearly burned down...and the roast, well it didn't look too good.

"All of this happened unbeknownst to my sexy, sleeping boyfriend. I learned to cook many things in the years following the incident, but a lamb roast was not one of them."

Too Much Of A Good Thing

"Have you been with a black man?"

Why would he ask that? Did he have one waiting outside in the car. I was confused....

No, I haven't.

His confidently delivered response was...

Well...you are going to be with one tonight.

He then proceeded to remove his sexy white D&G underwear. I'm not sure if I was surprised more by the size or the color of the beast. Either way, it was big, and it was black...yet he as white, albeit with a golden tan.

My brain immediately placed a look of shock on my face as it tried to understand the situation; my private parts almost instantly replaced that look with one suggesting extreme nervousness; there aint' no way he was coming near this petite little lady with that thing! Witnessing my changing expression, he started laughing; clearly all the girls before me must have the same reaction. I know my limitations and, pardon the pun, was clearly out of my depth."

The Jeweler

"So where is this amazing jewelry of yours?"

With a cheeky, lingering stare he slowly unzipped his Euro white pants and in a min-striptease very well done I might add, sexily slid down his jocks to reveal his 'collection.' Staring me in the face was a bejeweled cock; complete with sleepers, studs and segment rings, most of which adorned with semi-precious stones. It was undoubtedly the most unique advertising concept for a profession I had come across...

Unfortunately though I was forced to reiterate that albeit I admire jewelry, I wasn't all that keen on having a Tiffany's stand burrowed inside me.

Forget Something?

"I wish I could eat that brulee off your body."

He didn't have to ask me twice. I began to seductively strip in front of him...teasingly caressing my body as I removed pieces of clothing. All of a sudden he grabbed the brulee and set off in a hot pursuit (well, as fast as I could in my extravagant heels). Expecting him to take a sharp right hand turn into my bedroom; I slowed down. He didn't turn, continuing straight out the door, gaining momentum as he crossed the road, where he then climbed into his car and shot off at the speed of light...I later found out that the guy was engaged; and from all accounts, very sexually inexperienced. Well, I guess that goes to show, don't come knocking on my door unless you now you can handle it.

Burning Desires

...Strawberries, peach pieces, banana slices and marshmallows had been skewered, dipped, and swallowed; clothing had been intermittently removed...leaving me almost naked and my prey in little more than jeans; entirely unaware of what I had planned for him next. I leant in on the fondue set and blew out the candle...well, I thought I had.

I seductively moved him toward me; pulled his jeans and Armani underwear down to his ankles...and ever so gently poured a very large spoonful of the melted chocolate all over his manhood. He inhaled deeply; a guttural scream echoed through the house...followed by the words:

"My c**k...my c**k...it's on fire!"

He then began to hop around my lounge room like a kangaroo, flicking his manhood from side to side; sending melted chocolate all over my carpet, couch, and walls. Perplexed by what I was seeing in front of me, yet trying not to laugh hysterically, I looked down at the fondue pot; the chocolate was at the boiling point...the candle was still on!

5 TIPS TO LOOK LIKE A SEXY SUPERSTAR IN LINGERIE!

by Flavia, author of *Flavia's Global Adventures: Sex, Food, Travel*

1. PERFECT LIGHTING.

Seduction is all about what you reveal and how you reveal it! Lighting becomes your best friend for the perfect reveal. Candles and lanterns create flattering ambience and a sexy environment for exploration and pleasure. Red glass tea holders evoke passion and adventure for a hungry appetite, whereas soft pink light is a trade secret!

2. LOOKING GREAT

Lingerie should make your body look better. Lingerie should enhance your shape and reflect your personal style and passion. Color plays a very important role to convey how you feel and what you want to project to your partner. Your lingerie should always reflect your mood. White is more innocent, while hot pink and red are fiery with passion and desire. Black is wicked and dangerous.

3. PERFECT FIT

Looking and feeling like a sexy superstar in your lingerie is all about the perfect fit for your shape. It is always best to get professionally fitted to ensure an amazing result. Always cut out the labels as they distract from the overall effect.

4. SEDUCTION

Play with different styles to best suit your body shape as well as color, to compliment your skin tone. Sheer fabrics are very sexy and even everyday lingerie should still be something you feel hot in! Feeling like a confident, sensual woman in your lingerie is not just for your partner, but for yourself. Seduce yourself every day and sexy won't be something you strive for, it will be who you are!

5. ATTITUDE

Ultimately, it is a positive attitude and self-confidence that is sexy, and radiates the inner diva in every woman, no matter what shape or size. When you feel great on the inside, you radiate on the outside: and when you look fantastic on the outside, you feel amazing on the inside. Always remember to complete your look with glossy lipstick, killer heels, and your signature fragrance. Think and be very sexy!

7 Tips For Living A More Adventurous Life!

by Flavia, author of *Flavia's Global Adventures: Sex, Food, Travel*

1. **BE BOLD**

Create opportunities. The last thing you want in your life is to be an observer. Be an active participant and create your life through your passions. Being bold is about who you are and who you want to be. Always remember that you are unique and love that about yourself. You have the power to create your own exciting life through your individuality.

2. **IDENTIFY YOUR PASSIONS**

Treasure must be searched for. What makes your heart sing and leap with joy? What do you want to do, where do you want to go? It is all about the way you feel. You will know that you are heading in the right direction because it makes you feel alive and full of promise, hope and bliss. Embrace and follow your passions and take the first step towards them.

3. **BE BRAVE**

Step out of your comfort zone and do something you have always wanted to do. It is so exciting when you get to develop and express your individuality. Whether it is updating your dress sense, a career change, or an adventurous hobby, all it takes is imagination and courage. Dare to be brave; it's time to broaden your horizons.

4. **DO SOMETHING NEW**

Make the first move. Bold people are not afraid to try new things. They believe in 'baby steps.' The greatest adventure you can embark on is the one to self-discovery. Find out who you are. Develop who you are. Believe in who you are. Look in the mirror every morning and smile: it's your special journey.

5. **TAKE RISKS**

Within reason of course, take risks! It is all about overcoming fear, taking action, and feeling great about the choices you make. Step out of your comfort zone and be more adventurous. Be prepared to accept the consequences of your choices as part of this new course of life. You can create an exciting life if you take chances.

6. **LIVE IN THE MOMENT**

It's all about now, not tomorrow. Plan for tomorrow but focus on what you are doing now. If you pay attention to the present moment you can improve on it. Everything is learned through action in the present. Enjoy yourself, do something that makes you feel great and focus on that. Smile, because success is about what we do with what we have.

7. **PLAY! PLAY! PLAY!**

A woman who knows how to express herself is very sexy -- it's all about having a positive attitude and confidence. Know how to play and have fun! You can create an exciting life and enjoy every moment of it, exploring more possibilities and potential for further bliss.

10 Things Men Need To Know About Women

1. **Tell her she is attractive.** A woman needs to know that you find her attractive, and sexy. Show her you deeply desire her. As attraction is primarily physical, let her know what initially drew her to you: her sassy dress sense, cheeky smile, beautiful eyes...this makes a woman melt!
2. **Let her know that she is a sex kitten.** A woman needs to know that you find her HOT in bed, and that she knows exactly how to turn you on. Make her feel like a sexy, desirable vixen and she is yours...it motivates us!
3. **Show her you value her opinion.** Let her know that you trust her and how she feels matters to you. She should be able to communicate freely what is on her mind without you accusing her of being 'hormonal'. In fact, delete the word hormonal from your vocabulary...it's safer that way!
4. **Prove that she is a priority.** In other words, if it comes to a showdown between your friends, a sporting event and your woman, your lucky lady wins hands down. I know it's a tough one boys...work with me!
5. **Show her frequent, small gestures.** Hugs, kisses, holding hands, little love notes, flowers and by the way, Tiffany's always works! Gestures show that you appreciate her. This is foreplay to a woman!
6. **Compliment her.** Women are hyper-sensitive about their body image and especially want their man to think they are sexy. Compliments go a long way, so guys remember, NEVER tell a woman her butt looks big, ever! Even if she asks. It's a bear trap and you won't make it out alive!
7. **Let her know that you enjoy her company.** To a woman being friends is as important as being lovers. She needs to know that you are affectionate not only when you want sex. Let her know that you love just hanging out and spending quality time with her: both in and out of bed.
8. **Women do love men.** Contrary to popular opinion, we don't think all men are bastards! Women really do want to admire, respect and cherish their man: it makes a woman feel safe and women value security,
9. **Many women are looking for a 'good guy.'** Not all women love bad boys. Usually, bad girls love bad boys! An adventurous, sexy, stable, intelligent woman may have a bad boy as a novelty for a short time, but ultimately, the guy who is going to cut it long term is going to be a man of substance... with a naughty edge and a great sense of humor.

10. **Women love imagination.** Be creative! Show a woman your raw animal magnetism, your Ferrari sex drive, your exciting sense of adventure, add a splash of sexy aftershave and you can capture, and keep, any woman under your spell.

How To Be A Savvy Traveler At 35,000 Feet

by Flavia, author of *Flavia's Global Adventures: Sex, Food, Travel*

Is it any wonder that Australian's have become savvy global travelers? After all, taking 15 to 28 hours, door-to-door (including transit time) to get to Europe or the fabulous United States is a challenge for anyone. You can have the concept of the distance factor in your mind, however, until you have experienced it, that is a whole new ball game. Last year alone, it took me 36 hours, door-to-door, including a multitude of issues to get to Croatia from Melbourne. That should be illegal! Comfort and semi glamour for 24 hours at 35,000 feet...yes, it is possible! The key is to be organized. Here are my 10 tips to travel in style and with ease – and cool!

1. Get an upgrade:

- Build a solid business relationship with your travel agent. They may be happy to 'pull some strings for you. Ask them enter the code 'OSI' which stands for Other Significant Information on your booking. It's your birthday/anniversary and suddenly you become a VIP and may get an upgrade.
- At check-in, dress the part, be polite and charming. You need to look and act like you belong in First Class.
- If you are flying solo and the flight is overbooked, offer to be upgraded on the next flight.

2. What to wear:

- It's all about fabric, fit and comfort. A multitude of labels from Armani to more affordable brands are offering soft, loose-fitting clothing made from natural fibers.
- Stylish pants with draw-string waists are perfect for in-flight comfort and movement. A pure cotton top with a cashmere cardigan is a practical layering solution for the temperature variations experienced during a long trip, whether on the plane or in airports.
- Comfortable shoes are essential. Anything from roll-up, flat ballerina style slippers for women to leather slides for men; allow the feet to adapt to any swelling experienced.
- Long haul flights of this duration require support garments such as circulation socks or the famous 'skins' worn by sporting teams to protect against potential DVT. Still, periodical stretching and moving is essential to assist circulation.
- I always take a change of clothes for arrival in my on board cabin luggage. This includes: fresh underwear, shoes and a 'destination-appropriate' dress code, depending on the climate. I change in the aircraft 30 minutes prior to landing, feeling refreshed when I leave.

3. Take the right toiletries:

- The biggest mistake travelers make is to forget to pack the essentials. A long-haul flight seems so much more bearable if you feel clean and fresh.
- On a 24-hour flight, my essential would be: soft satin eye mask, lip balm stick, teeth-cleaning wipes, dry shampoo, perfume compact, intimacy deodorizing wipes, face-cleansing and moisturizing wipes and a small bottle of instant hand sanitizer.

4. Entertain with high tech gadgets:

They can certainly abate some boredom experienced during long-haul air travel and airport transfers for the savvy traveler. Some of my favorites are:

- Blackberry 8100 camera phone which is sleek, shiny and streamline. The Blackberry Bold, a satin chrome smart phone comes with integrated GPS to support location based applications and services, no matter where your location on the globe!
- Bose Quiet Comfort 3 noise-canceling head phones are excellent for quality sound and ambient noise cancellation, and folds flat for easy packing.
- Xtrememac's new small, sexy, micro-memo high-fidelity digital audio recorder is fantastic for easy audio recording and listening on your iPod. What's more, it's compatible with video iPods. It comes with a hi-fi microphone and full integration with iTunes storage systems.
- My Apple iPod is a must and Archos 605 portable media player with an emphasis on video with high definition resolution. It can play almost any video format as well as music and photo files.

5. Stay hydrated:

- Water, water and more water. This is essential prior, during and post-flight. Avoid alcohol and caffeine -- it dehydrates the body and contributes to the potential effects of jetlag.

6. What to eat:

- Prior to a long-haul flight, I eat a healthy protein-based meal, followed by a freshly-squeezed juice and a cappuccino (my last hit of caffeine until my destination!).
- During the flight, I highly recommend small amounts of food periodically to sustain optimal blood-sugar levels. The key is not to overeat. The last thing you want is to arrive to your destination bloated and constipated.

7. Get your beauty sleep:

- For a 24-hour flight I always take Melatonin. It is a natural, super-hormone. Aside from being a powerful anti-oxidant, it assists me to fall asleep for a more restful journey.

8. Never place in your suitcase anything if lost you cannot live without!

- All treasured items should be with you at all times in your hand luggage. This is where you need to get creative and your packing skills fine tuned! Last year, my girlfriend arrived in Europe for the summer, from an Australian winter. The airline 'misplaced' her luggage. She had nothing remotely summery to wear. It took us one week to purchase a new basic summer wardrobe: bikini, underwear, dresses, sunglasses, skirts, tops, and shorts....pure nightmare!

9. Join the 'Mile High Club':

- There is always the 'mile high' club, a sexy solution to breaking the monotony of a long flight -- and get some exercise in at the same time. Now that's what I call multi-tasking!

10. How and what to pack:

Men generally have more savvy packing skills than women. Women tend to over pack. A little organization can make living out of a suitcase a lot less stressful.

- A few days prior to departure, pack all the essentials, then everything else. Close your suitcase and wait a day. The following day remove one quarter of the items that you've packed, trust me you'll still have too much clothing for your vacation.
- Divide your remaining clothes into categories: lingerie, swimwear, tops, skirts, dresses and shoes, and pack them accordingly.
- Place tissue paper between your dresses so they arrive with as few creases as possible.
- Shoe bags are worth the investment to keep things organized.

For the savvy globe-trotter, organization and multi-functionality is the key to comfort without sacrificing style.

Testimonials For Flavia

“I met up with Flavia in Florence, Italy for a few days during a European sojourn. I happened to mention that I really wanted to purchase some designer sunglasses and Italian shirts... less than a minute later I was catapulted into a world of high end designer fashion; at which point it became crystal clear why everyone wants to go shopping with Flavia. With a trained eye for fashion, she reached over to a top of the line pair of Prada sunglasses. They were perfect for me... and with her two famous lines ‘wrap it up’ and ‘that is more you than you’ it was a wrap! Next, Italian shirts... not only did every shirt she pick look amazing, she sat on a chair and was soon approached by every other guy in the store, asking for her opinion, of which she gladly obliged. The men were lapping it up, the staff were loving it and had the store manager been there to see it, he’d be on his knees begging to employ her! I actually heard a rumor that her friends’ husbands pay their wives NOT to go shopping with Flavia!”

-- **Chris Healy, TV and Radio Sales Executive, Australia**

“Flavia is the globetrotting guru of sensuality, fashion and adventure. *Global Adventures, Sex Food Travel* incorporates all three and more! Pure genius. If any woman has the recipe for success with men, it’s Flavia.”

--**Daniele Lima. Author Marketing Works. Director of Road Scholars, Australia**

“I want to go on a date with Flavia! A friend read me some of the amazing stories in *Global Adventures, Sex Food Travel*, and I thought every woman should take a leaf out of this book. Flavia is a sexy, independent, adventurous woman who loves to cook. That is every man’s fantasy. I am packing my bags Flavia, and I will meet you in any city around the world...name it!”

--**John Mather. Director of One Touch Creative Healing. Australia**

“Flavia, the ‘fun guru’ certainly knows how to live life to the fullest. *Global Adventures, Sex Food Travel*, has been a total inspiration for me. Half way through the book, I got on the internet and booked a vacation to Mexico, a destination I have been wanting to visit for a very long time. Thanks Flavia, adios amigo!

--**Bryoni Cole TV Presenter/Executive, Lonely Planet, Australia**

“Melbourne to Milan, Mykonos to Miami and all the sex and food along the way! Flavia’s stories of passion and adventure are a reflection of her vivacious personality. Flavia stands for class, glamour and style, *Global Adventure* is a mere glimpse of her amazing life. I have had the absolute pleasure of working along side Flavia as her stylist and close personal friend. I can’t wait for the next book.”

--**Lauren Brown, Stylist/TV Presenter. Australia**

“I love this book! *Global Adventures, Sex Food Travel*, made me want to expand my horizons and try something new. Aside from being fun, it is easy to read. The most amazing pictures complement the

descriptive stories. I leave it on my coffee table, and when a friend comes over, I read them a story much to their delight. It has been a real talking point in my household.”

--Debbie Baron, Editorial Office Manager, Herald Sun Newspaper, Australia

“Picture this... we are standing outside the world famous nightclub ‘Mansion’ in Miami. It’s a hot, sultry Saturday night and the queue is, as you would expect... long! I was mentally prepared for a substantial wait and the prospect of very sore feet. A simple red velvet rope and a beast of a body guard was all that prevented Mansion and myself from being introduced. My fear of the dreaded ‘queue’ and feelings of utter unworthiness to party with the stunning hip local elite was however, quickly extinguished the instant the door beast caught sight of my new friend... an Aussie beauty I refer to as ‘VIP FLAVIA’. With little more than a smile and a wink of an eye, we were in... I didn’t even have the time to adjust my Gucci heels. The velvet rope was pulled aside and we were ushered through the entrance like Miami socialites! A warm hears, addictive energy and personality, utter gusto for shopping and a ‘way’ with body guards... brace yourself for Flavia, she is the complete package.”

--Alessandra Guzman, Beauty and Fashion Stylist, USA

"Flavia is an energetic Arian with an irrepressible zest for life. Flavia is not the kind of person to issue an empty promise. What Flavia says Flavia does - regardless of the consequences! That's part of the trouble. Flavia just doesn't know how to play the game of 'consequences'. She likes to live for the moment. She likes to throw herself passionately into whatever she happens to be feeling, thinking (or lusting after) right here right now. That's why Flavia usually ends up getting what she wants. That's also why, regardless of what she gets, she always ends up wanting something else! It is not that Flavia is fickle, more that she is fast, fast on the uptake, fast on the trigger, fast on her feet and fast with her thoughts. She may give the impression of being calm and measured, but inside her head there is a state of the art computer processing information at the speed of light. You can't help loving Flavia because no matter what she does or what she says you know that she has a heart as big as a mountain.” -- **World Famous Astrologer Jonathan Cainer**

“Flavia is a sexual goddess with an amazing body, brains and passion that is as rare as a pink diamond. She has taught me to believe, once again, in the 21st century woman. Men all over the world fantasize about amazing, mind blowing sex with a truly stunning and beautiful woman, both inside and out... and for each and every one of you out there, ‘I have lived the dream!’ I am certain that had we ever decided to put on film our sexual adventures, we would become instant celebrities and millionaires! Imagine opening the door to a fishnet clad, leggy buxom blonde in the most amazing heels, wanting to fulfill my every desire and cheeky fantasy. As a fit and energetic guy who runs 40km a week, my sexual prowess and stamina have never been in question, however, to my delight and surprise, I have never encountered a woman that tires me out... whilst still wanting more. A night with Flavia is definitely a marathon and not for the faint hearted!”

--Loverboy, Toy Boy Extraordinaire, Australia

“I had the delight of prancing around Roma with none other than Flavia – the ultimate travel guides! In just two days Flavia had been asked on a date or asked out for gelati (as they do in Roma) a mere fifty off times! The beauty that she is had a following of Italian stallions wherever we went, even something as innocent as ordering a cappuccino would usually cause a stir. At time the cappuccino would arrive on our take with a phone number written in chocolate syrup! Shopping with my personal stylist, Flavia, in Roma was a ball! Thanks to her amazing taste and sharp eye I now have beautiful Italian bikinis, a sexy D&G cocktail dress and lingerie to die for!”

--Mikala James, Stylist/Fashion Designer, Australia

“*Flavia’s Global Adventures: Sex, Food and Travel* is a breakthrough book, summarizing the best the world has to offer...through the mind, body and soul of one wonderful woman. Having had the

opportunity to travel with her, I was able to witness her great sense of humor and genuine love for our global community. So I would highly recommend that you read this book and let Flavia show *you* how to have fun too!"

--Richard Scheinberg, LCSW, BCD, author of *Seeking Soul Mates*

FLAVIA'S USA RADIO SHOWS: FEBUARY 2010

KBWK-AM	ABERDEEN, WA
WMIS-AM	MINNEAPOLIS-ST PAUL, MN
KWKM-FM	PHOENIX, AZ
WMC-FM	MEMPHIS, TN
WTAX-AM	SPRINGFIELD, IL
WISR-AM	PITTSBURG, PA
WSPL-AM	CHICARGO, IL
WIHC-AM	NEW LONDON, CT
KNST-AM	TUCSON, AZ
WTBQ-AM	POUGHKEEPSIE, NY
WXGM-FM	NORFOLK, VA
WBEX-AM	COLUMBUS, OH
WCBQ-AM	RALEIGH, NC
WDIS-AM	NORFOLK, MA
WBWZ-FM	POUGHKEEPSIE, NY
WESB-AM	BRADFORD, PA
KWYK-FM	FARMINGTON, NM
WHBC-FM	CLEVELAND, OH
KCMN-AM	COLORADO SPRINGS, CO
WEBU-AM	MADISON, WI
WTTB-AM	VERO BEACH, FL

I would like to extend a personal THANK YOU to all the wonderful DJ'S for their zealous love and support of my book: GLOBAL ADVENTURES SEX FOOD TRAVEL.