

Tell it like it is — Relax your shyness. Once your feelings are put into words you might not feel as shy.

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couples, the Silk beauty therapists will show you how to apply the moisturizing mud masks on each other and then leave you to relax in privacy. The treatment lasts three hours and costs \$540 for two people. Silk Day Spa, 47 West 13th Street, 212-255-6457, www.silkdayspa.com. Pictured above is the relaxation room outside the treatment rooms.

## PILLOW TALK

# Whether you take out or eat in decadent sex is back on the menu

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is a writer living in New York City.



**D**ressed in black from head to platform-clad toe ring, a modern-day madam of sorts, who punctuates her sentences with the f-bomb and sharp snaps of her fingers, is describing how she wants to bring back what she calls "that great mystery" of New York from the late 1960s to the mid-90s.

**One Leg Up ... is designed to deepen intimacy between couples and to encourage women to free themselves sexually.**

"I think New York in the 60s, 70s and even the 80s was such a decadent place to be," says Palagia the Diva, between crimson puffs on a cigarette in her Alphabet City studio.

"When I first came to New York, you had all this anticipation and emotional and visual excitement."

**P**alagia, 33, whose alias is another name for the Greek goddess of love, runs One Leg Up, bi-monthly "erotic events" for a hand-picked group of open-minded young professionals and creative



**GUESTS RELAX AT a One Leg Up event.** The events happen bi-monthly and are by invitation only.

types. The Diva sees herself as promoting a "sensual movement," an evolution of the sexual revolution of the 60s, but adapted for our times.

**S**he calls her twice-monthly events Take Out and Eat In. A Take Out is hosted in a club or lounge for 200 to 400 people. Men can only attend if accompanied by women, and risk being booted out for any behavior deemed unacceptable by Palagia, who acts as a kind of traffic cop. The event is called Take Out, because couples can't

engage in any sexual activity on premises, but are welcome to take the action home with them.

An Eat In event is a much more exclusive party, capped at 40 couples and single women who have undergone an intensive screening process.

These events are often masquerades, with a Cirque de Soleil-like aesthetic, complete with burlesque dancers and body painters.

**G**uests can only get in with a password and are instructed to strip down to their skivvies at

12:30 a.m. It's called Eat In, because, well, guests can do whatever they like, as long they follow Palagia's rules. Think of the masquerade scene in "Eyes Wide Shut."

But don't even think of confusing One Leg Up events with "orgies" or "swing parties," or you'll risk a swift talking-to from the Diva.

"I don't throw swing parties ... In order for people to be more comfortable with their sexuality, we've got to get rid of these Puritan, old-time, negative words," says Palagia, who sees swing parties as an outdated venue for men to cheat on their wives without consequence.

One Leg Up, in contrast, is designed to deepen intimacy between couples and to encourage single women to free themselves sexually.

"I would like to think that I'm reviving that whole decadent New York era without the drugs and people are having safe sex," says Palagia, who cites Betty Barge as an example of a diva whose parties were cut short when her friends starting dying of AIDS and drug overdoses in the 80s. "I don't want that to happen," she says. "Things have changed."

**T**he lesson was a hard one for the city's decadent crowd, followed up by sweeping crack-downs during the Giuliani years. But it looks like the drought is over.

If you're showing more bare skin than not, this citrus-smelling body gloss gives your skin a subtle sparkle and glossy sheen.

Where to buy: Sephora, Bloomingdale's  
Price: \$16

## Stella McCartney scratch n' sniff lingerie



Sexy and playful, this whimsical scratch n' sniff lingerie comes in three flavors: cherry, apple and banana

Where to buy: Stella McCartney, 429 West 14th Street, 212-255-1556  
Price: Top, \$210; Bottoms, \$120