

**"J 14" STARS KISS AND TELL AND  
PATTI EXPLAINS WHAT THEY MEAN.  
[www.pattiwood.net](http://www.pattiwood.net) 404-371-8228**

Some of your  
fave celebs refuse  
to kiss and tell.  
Others... well,  
when they start-  
ed, they just  
couldn't stop!

# stars kiss & tell

**W**hether it's good, bad or just so-so, a kiss will undoubtedly flood you with emotion. Think about it — the adrenaline rush you get after an incredible lip lock, the awkwardness you feel after a kiss that didn't go so well, the tenderness you experience during a good night smooch. To get the lowdown on "that special kiss," we consulted a few experts and some of your favorite celebrities.

*"I kiss people  
with my soul.  
I don't kiss them  
with my mouth."*

Justin Timberlake

## *no such thing as too wet*

There's no doubt about it — Justin Timberlake is a passionate guy. We all know he's passionate about his music. But **J-14** discovered that he's even more passionate about his kisses! "A kiss shouldn't come from the mouth. A kiss should come from the heart," the 21-year-old tells us. "Sometimes, they're a little too wet, but I like them in their imperfections, because they're genuine. I just think that when a kiss comes from the heart, you can feel it. That's what I do when I kiss. I kiss people with my soul. I don't kiss people with my mouth."

The first kiss the "Cry Me a River" singer experienced was "wet, long and beautiful," he tells us,

**fact:** *During  
a one-  
minute kiss, you  
burn 26 calories.*

but admits that not every kiss along the way has been as good. There are lots of things that can go wrong when you're locking lips with someone, but that's not always a bad thing according to J. "Sometimes, you mess up. That's what's cool about kissing. You just get to keep going," he smiles. "Even if they start laughing, that's going to pass, too. And you know that laugh isn't to make fun of you, it's because they think that it's cute. They know what you're doing is coming from the heart."

## it's electrifying

As Justin pointed out, "To deliver a good kiss, you just need to be in the moment." But what Kelly Rowland loves best about a great kiss is that it can take you out of the moment and out of reality. "The best kiss I ever had took the breath from the back of my throat, to my heart, down to my toes," reveals the "Stole" singer. "There aren't even words to describe it. It was breathless and amazing and... it was the first time I had a connection with someone on another level."

Kelly says that in order for a kiss to be like the one she describes, you have to have chemistry and really connect with someone. "There has to be tenderness around the kiss. Your eyes should be

**fact:** *Kissing helps reduce tooth decay. It increases the mouth's production of saliva... and saliva helps clean the mouth.*

focused on each other right before a kiss, and then shut when it happens. There's tenderness so that your hands are

holding each other and touching each other in a gentle way. A kiss can be so beautiful, but even a touch can mean so much."

Our body language expert Patti Wood agrees with the Destiny's Child singer that a little TLC can make or break a kiss. "Be interested in holding, caressing, comforting them and feeling as you hold them and they hold you. There should not be tension in your bodies," Patti says. "And if a man cradles your face with both hands, there's tenderness in that kiss. That's a wonderful kiss."



Kelly Rowland

*"It took the breath from the back of my throat, to my heart, down to my toes."*

## lip service

A kiss can sometimes express what words, well, just can't. Our body language expert Patti Wood analyzed some of your favorite celebrity couples who our cameras caught in the act. Here are her thoughts on these smooching stars:



**The Equal Kiss** JLo is pulling in as much as Ben. Each of them wants this kiss just as much as the other does. There is no resistance.



**The Tender Kiss** Brad has his arms around Jen and he has his whole heart toward her. He's used to being very affectionate with his wife... and Jenifer just soaks it in.



**The Seductive Kiss** He's a sexy kiss, but Gwen is the one leaning in for the kiss with her arm around him and roping him in. Gavin is not doing any of the work.



**The Camera Kiss** This is a very playful kiss. Cher and Dierks's feet are aligned with the camera rather than their significant other. Where the toes go, the heart follows.



**The Sensual Kiss** Sarah and Freddie are equally moving toward each other. Their eyes are shut, which shows trust and indicates that they're in the moment.