

BETTER SEX STARTER GUIDE

Understanding and boosting your sex drive (libido)

About sex drive

Your sex drive is your motivation or desire to have sex. It can fluctuate, especially during stressful times.

The good news is you can boost your sex drive in natural ways. Desire does NOT need to be present to lead to sex. You can start with arousal first and build desire to have sex. This is referred to as 'responsive desire'.

Reasons you may not want to have sex

Your sex drive may be delayed or blocked for several reasons including:

- Stress
- Distractions
- Unpleasurable past sexual experiences
- Concern with getting pregnant or STIs
- Birth control or other medications (hormonal birth control, antidepressants, antihistamines)
- Relationship problems
- Fatigue
- Depression or anxiety
- Childbirth/postpartum
- Hormonal changes
- Your partner's sexual function

How to naturally increase your sex drive



SEXUALLY COMMUNICATE MORE

Block off 1 hour to talk to your partner about your sex life including what you each want.



SPEND MORE TIME WITH FOREPLAY

Womxn need on average 20 minutes of foreplay to be fully aroused. Don't skip the foreplay.



USE AN AROUSAL OIL

Bloomi Arousal Oil is a blend of carefully selected botanical aphrodisiacs that help increase arousal and make sex better.



USE SEXUAL STIMULI BEFORE SEX

Make time for skin to skin, give body massages read erotica to each other, take a bath or shower together, stimulate each other's inner thighs or genitals, etc.



SCHEDULE TIME FOR SEX

Setting aside 'date-night' or 'sex night' times will allow you to do just that... have more sex. Studies show the more frequent you have sex, the more you want it.