

HERBS FOR Intimacy



Damiana

Damiana is a wild shrub that grows in southern parts of the US, Central America, and the Caribbean. It's known as an aphrodisiac.

Ashwagandha

It is believed to reduce stress and anxiety, which can indirectly improve libido and sexual performance. It's also thought to increase testosterone levels in men.



Horny Goat Weed

Traditionally used to treat erectile dysfunction and boost libido due to its active component icariin, which may have effects similar to those of phosphodiesterase type 5 (PDE5) inhibitors, enhancing blood flow.

Ginkgo Biloba

Ginkgo biloba is also associated with improved mood and cognitive function, potentially reducing stress-related sexual dysfunction.



St. John's Wort

It indirectly affects libido and sexual function, particularly in individuals whose sexual dysfunction is related to depression. However, it can interact with many medications, including those for erectile dysfunction.



Rose

Traditionally used for its soothing and mood-enhancing properties, rose can create a romantic atmosphere and potentially increase feelings of intimacy and affection.



Skullcap

It helps reduce anxiety and stress, potentially improving conditions related to sexual dysfunction that are exacerbated by stress.



Tribulus

Often used to increase libido and sexual function, some studies suggest it might improve sperm quality and testosterone levels in men, though evidence is mixed.



Shatavari

Considered a rejuvenating tonic for women in Ayurvedic medicine, shatavari is believed to support reproductive health and libido by balancing hormone levels.



Ginseng

It is used to improve sexual dysfunction by enhancing nitric oxide production, leading to better blood flow and erectile function in men. It may also positively affect libido in women.



Maca

Often taken to boost fertility and sexual desire in both men and women, maca is believed to improve energy and stamina, though its exact mechanism is not fully understood.



Yohimbe

Derived from the bark of the African yohimbe tree, this herb is used to treat erectile dysfunction by increasing blood flow to the genital area. However, it can have significant side effects and interactions, so it should be used with caution and under professional guidance.



Attractive Oils

- Bergamot
- Ylang Ylang
- Sandalwood
- Neroli
- Rose
- Jasmine
- Patchouli



Oils that Calm



Lavender



Vetiver



Rose



Ylang-Ylang

Oils that Warm



Ginger



Rosemary



Cinnamon