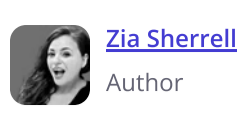


# Unlocking Peak Sa

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Image by Birgith Roosipuu via Pexels

**Sex is essential for health, and sex toys are a great way to spice up your sex life and make it even more enjoyable. But with all the options, it can be difficult to choose. So follow our expert insights to see which might be best for you and your partner.**

There is no denying that sex plays a critical role in maintaining and nurturing healthy relationships between consenting adults. It's a source of joy, intimacy, and pleasure. But sex is an important part of a healthy, balanced lifestyle for singles and couples alike.

Sex — with a partner or solo play — releases endorphins, dopamine, oxytocin, and other chemicals that improve your physical and mental well-being. It increases energy levels, reduces stress, improves cardiovascular health, boosts immunity, and even helps with sleep problems. It's also an outlet for physical expression and an opportunity to explore different parts of yourself or another. It's a workout that keeps on giving!

One way to add depth and variety to your sex life is with sex toys. Vibrators, dildos, and countless other options can provide an extra level of stimulation, helping to increase pleasure and intimacy during sex. More and more people are discovering the joy of these toys. According to a [recent survey](#) of 5,000 participants, sex toy use jumped from 31% in 2016 to 50% in 2020.

Although you may be tempted to introduce sex toys into your relationship or bedroom, there's no need to be embarrassed. Research [shows](#) that couples who explore new ways of being intimate — including trying sex toys — are more likely to have satisfying sexual encounters and stronger relationships. In addition, using sex toys together deepens trust by creating space for communicating desires in a safe space without judgment. Furthermore, using these items helps break down barriers associated with sexual shame by allowing you to explore their fantasies openly and safely with your partners.

## Sex toys – suggested by sex educator:

If you're looking to take your lovemaking to the next level or want to explore new heights of pleasure solo, sex toys could be the answer. But the sheer number of options can be overwhelming. So to help you find out what's hot on the sex toy market and choose the best items for your needs, we spoke to sex educator, LGBTQ+ expert, and feminist Nina Nguyen.

### JimmyJane Form 6 Massager

The Form 6 Massager is the ultimate all-around massager. It has independently powered, ergonomically curved ends, six modes, and five power levels to customize the experience according to your preferences.

"This vibrator is small and compact and can be used for both external and internal stimulation. It's quite versatile and gets the job done no matter how you choose to use it,... It's also good for people of all genders since it's not that big and great for beginners."

Nguyen

Because it's thoughtfully designed and waterproof, it can be used for intimate massage, experimentation, and sexual stimulation in the bedroom, shower, or anywhere your imagination takes you.

Nguyen also suggests, "It makes a good present for a friend who is just starting to explore their sexuality, as it's easy to use and not so intimidating at first glance!"

### Lelo Sona

The Lelo Sona is a tech-forward and innovative massager that stimulates the entire clitoris. The clitoris is much larger than originally believed. Besides the tiny external nub of flesh at the top of the vulva, there's also a large internal mass of erectile tissue and nerve endings.

The Sona delivers pulses that penetrate deep into this sensitive area. According to Nguyen, "This unique vibrator uses sonic waves to stimulate the entire clitoris, not just the visible part." She continues, "This can help you get a complete orgasm, which includes the G-spot." The G-spot is a sensitive area located on the front wall inside the vagina that's likely part of the clitoral network.

Furthermore, its waterproof and quiet design makes it easy to use anywhere. It's a great toy for anyone looking for a new way to experience pleasure as it offers a different sensation to traditional vibrators.

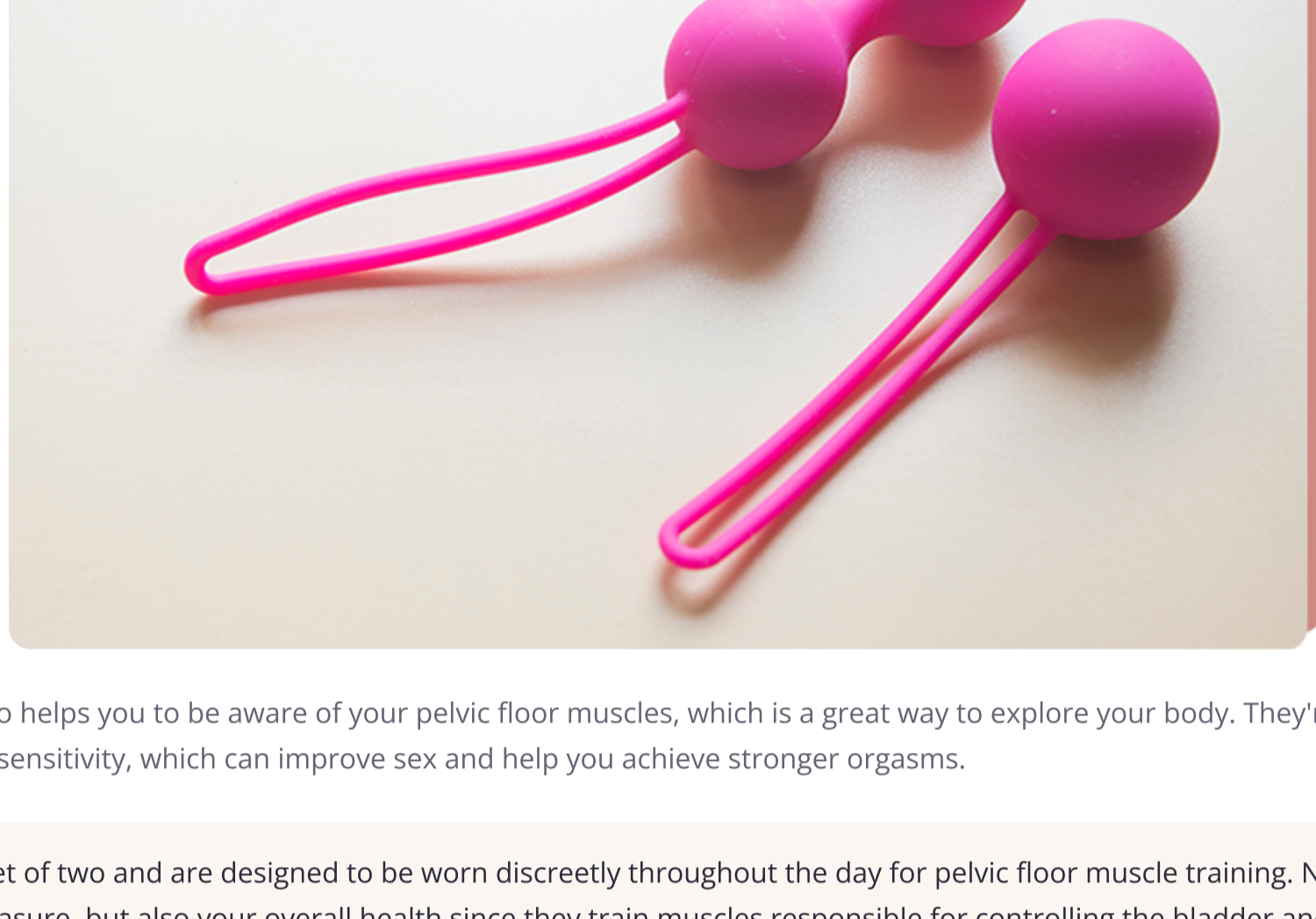
### We-Vibe Pivot

The Pivot is an exciting option for people with penises and their partners. It's a cock ring that sits around the penis with a vibrator on the upper edge, perfectly designed to sit where a partner's clitoris is for double the fun during penetrative sex.

It's made of high-quality silicon and has 11 different vibration modes. A fantastic feature is that you can control the device from your smartphone thanks to its Bluetooth capabilities, making it great for couples' play. So even if your partner is miles away, you can engage in long-distance fun.

### Kegel balls

Nguyen suggests that people with vaginas use Kegel balls if they haven't already tried them.



The weight of the balls also helps you to be aware of your pelvic floor muscles, which is a great way to explore your body. They're also great for building resistance and increasing sensitivity, which can improve sex and help you achieve stronger orgasms.

"Kegel balls come in a set of two and are designed to be worn discreetly throughout the day for pelvic floor muscle training. Not only do Kegel balls help improve sexual pleasure, but also your overall health since they train muscles responsible for controlling the bladder and bowel."

Nguyen

If you've recently had a baby, Kegel balls also help postpartum recovery and regain muscle tone and strength after giving birth. Plus, using them is easy — just insert them into your vagina like a tampon and go about your day.

## Bottom line

Sex toys are no longer taboo and are becoming more popular than ever. Experimenting with sex toys is fun and can improve your sexual pleasure, boost your well-being, and deepen intimate relationships.

Whether you opt for a traditional vibrator or something more high-tech, like a toy with smartphone connectivity, something out there fits your specific needs. So don't be afraid to try something new and explore your needs and desires — it's essential to any healthy sexual relationship.

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