

**CANNACURIOS**

GUIDE TO


**ENHANCING**  
*Intimacy*



Sexual wellness is a crucial aspect of overall health for women, yet many face challenges such as **pain during intercourse, low libido, and discomfort**. You're not alone if you've struggled to relax into sex. The dishes are piling up, you haven't shaved in weeks, and you need to pick up the kids in an hour. Minds wander during sex. It's inevitable. And that's where cannabis comes in.

Cannabinoids can quiet our minds, allowing us to tap into our senses and relax into our bodies. When this happens, we're able to fully experience and enjoy intimacy and lean into our sexuality.

**This guide aims to provide you with insights and practical tips on leveraging cannabis and CBD to improve your intimate moments and overall pleasure.**



**Cannabinoids can quiet our minds, allowing us to tap into our senses and relax into our bodies.**

## THE RESEARCH

About **75% of women** experience pain during sex at some point in their lives, making it essential to explore alternative methods for relief and enhancement. According to Dr. Marissa Magsino, a leader in functional medicine in Orlando, FL, shifts and imbalances in our hormones—mainly due to aging—can lead to symptoms such as vaginal dryness, discomfort or pain during sex, mood swings, and many more, all of which are directly tied to our sexual well-being.

**Cannabis and CBD have gained attention for their potential to improve sexual health.** While research is still emerging, studies suggest that cannabis affects the cannabinoid receptors involved in sexual function. In a study conducted by the Saint Louis University School of Medicine, women who used cannabis before sex reported higher levels of satisfaction with orgasms. **However, dosage is crucial, as too high a dose can lead to adverse effects.**



about  
**75%**  
**women**  
experience pain  
during sex at  
some point in  
their lives...

# 1

## Lube it Up

Cannabis-infused lubricants can **relieve pain, relax muscles, and increase libido**. Consider factors such as activation timing and compatibility with latex when choosing the right product for you.

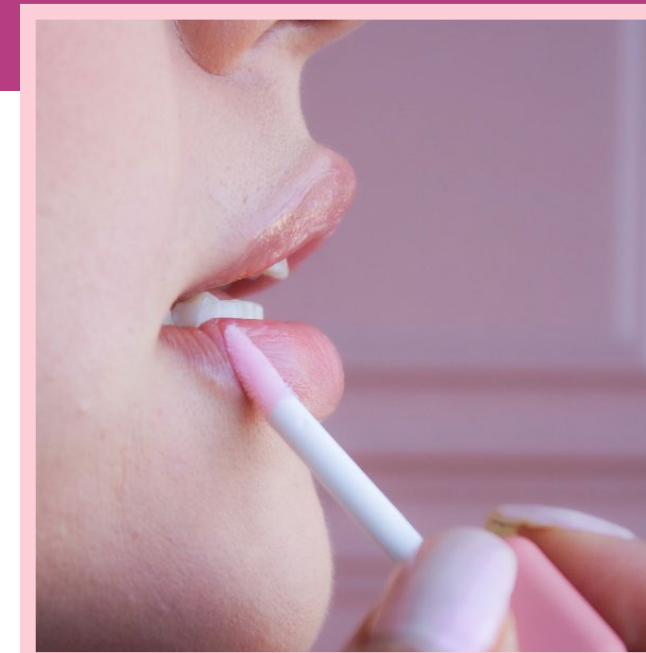
# 2

## Add Some Spice

Explore innovative products like **plumping lip gloss, massage candles, and libido-enhancing gummies** to spice up your intimate experiences.

### *Try This!*

- Stimulating O Gel
- Plumping Lip Gloss
- Sensual Massage Candle



3

## Try Suppositories

Vaginal suppositories can **alleviate conditions like** endometriosis or PCOS, making sex more comfortable and enjoyable.

*Try This!*

- Sensual Bath Salts
- Sensual Bath Oil

4

## Bath Time

Infuse your bath with **infused bath bombs** to relax the body and mind, creating an ideal setting for intimacy and self-love rituals.



# 5

## Massage

Use **THC- or CBD-infused oils** during sensual massages to enhance relaxation and intimacy, focusing on erogenous zones and connection with your partner.

# 6

## Inhalation

Certain **cannabis strains can boost libido, decrease anxiety, and enhance creativity**, paving the way for deeper connections. For areas where cannabis is not fully legal, explore CBD roll-ups or herbal cigarettes to relax your body and heighten sensations.

*Try This!*

- Sensual Massage Oil





## Ingestion

Experiment with **infused edibles** like gummies or tinctures for a slow, sensual build of arousal, perfect for candlelit date nights.

Incorporating cannabis and CBD into your intimacy routine can **enhance pleasure, alleviate pain, and deepen connections** whether solo or with a partner. Remember to **start with small doses, prioritize communication with your partner**, and focus on the present moment rather than the end goal of orgasm. **By embracing these practices, you can cultivate more fulfilling and satisfying intimate moments.**

*Try This!*

- Dark Chocolate Body Paint



CANNA  
*Curious*

STAY  
*Curious!*

FOLLOW US @ CANNACURIOSMAG  
CANNACURIOSMAG.COM

  
HIGHONLOVE®

GET  
*High on Love*

FOLLOW @ HIGHONLOVE.OFFICIAL  
HIGHONLOVE.CO