

JOIN THE *Sex-Positive* REVOLUTION

Sexual health, wellness, and satisfaction shouldn't be taboo. Here's why you should explore new ways to enjoy masturbation and sex.

1 The more you know, the better.

By masturbating or experimenting in the bedroom with your partner more often, you will learn through trial and error what feels pleasurable, what does not, and how to get there faster. Knowing your body confidently leads to higher self image, body-positivity, and overall better mental health. Body shame is an intensely painful emotion; it often causes us to neglect our personal health. Using a sex toy can help you get to know your body on a very intimate level, which allows us to properly care for our bodies.

2 Deepen your love

Most significant others wouldn't know what shoes you want paired with your jacket, so why do we expect our partners to know what we enjoy? Open communication about sexual desires and fantasies can greatly deepen our romantic relationships. By being open and honest about sexual wants and desires, you will strengthen your bonds and have better sex as a result. The better we open up and communicate what is best for us, the better our relationship with our significant other will be, both physically and emotionally.

Healthier, Happier Self

There are known benefits to your physical well being that are tied to sexual health as well. More orgasms lead to less risk of prostate cancer for men, increased fertility in women, plus better sleep, stronger immune systems, and much more. Masturbating and orgasming also increases dopamine, endorphins, and oxytocin in the brain all while decreasing cortisol levels. Put those together and you have a great way of creating a relaxing evening.



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