

MINI GUIDE



FIVE ESSENTIAL OILS TO BOOST YOUR SEXUAL ENERGY

BY J.M. MAY

INTRODUCTION

Essential oils have been used for centuries to treat illnesses and elevate mood. You can also use them to increase sexual desire and take your bedroom activities to a new level. Here are five excellent oils that can be used as aphrodisiacs.

VANILLA

Vanilla has been used to stimulate sexual feelings almost as long as it's been used to flavor delicious baked goods.

Vanilla's aphrodisiac qualities are scientifically proven. Neurologists at the Smell and Taste Treatment and Research Foundation of Chicago actually tested a group of men to determine which smells increased blood flow to the penis. The tests concluded that vanilla was the one scent that was sexually stimulating to most of the men.

Researchers aren't sure what makes vanilla so sensual, but they think it might be because the scent of vanilla brings back the smell of comfort foods like homemade cookies and birthday cakes. This sense of warmth and happiness opens the door to sexuality.

Blend 3 drops of vanilla oil with 10 drops of a carrier oil like sweet almond oil and dab some on your neck. You can also sprinkle vanilla oil onto your bed or diffuse it in your bedroom.

SANDALWOOD

Sandalwood has a woody, masculine scent that is a perfect choice for men. The fragrance is heavy and erotic. Some essential oil enthusiasts say that sandalwood gets its sexual magic because it has a similar smell to testosterone.

This essential oil has been used in India to treat impotence and to relieve anxiety. Mix a few drops with a carrier oil for a sexy experience from the Orient.

LAVANDER

The sweet smell of lavender brings thoughts of a light summer breeze on a lazy afternoon. Lavender is often used as a calming scent, and many people find that it helps them sleep. However this little gem is good for other activities in bed as well. Try calming lavender for a slow, soothing sexual experience.

Lavender combines beautifully with vanilla. Try a few drops of each in some coconut oil and offer your partner a full body massage.

JASMINE

This exotic floral scent is considered highly sexual and is often used in perfumes. It is said to bring about a sense of energetic euphoria.

Use Jasmine when you are planning a seduction. Diffuse this oil in the bedroom for a wonderful scent that will have you and your partner crazy for each other.

BLACK PEPPER

Turn up the heat with black pepper essential oil. Try putting a few drops on the bottom of your feet to increase libido and rev up your internal sensuality.

The scent of black pepper oil is said to increase the sexual attraction between two people and give stamina for an extra long love fest.

Use black pepper when you are planning to try something especially hot and steamy.

Try these 5 essential oils to take your sex life to new dimensions. Diffuse them, wear them or sprinkle them on your bedding for all your sexual adventures.



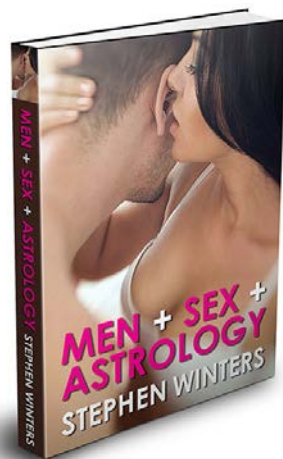
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