



Aphrodisiacs & Sexual Tonics

Tonics

Tonics provide general toning of the sexual systems as well as the supporting the functions of the body that enable those systems to work properly such as the nervous system and the circulatory system. These are best used over time to gently nourish, tonify and support yourself.

- **Avena sativa** (Oats) Aphrodisiac and libido-stimulating qualities. It increases vaginal lubrication and stimulation and increases the physical and emotional desires for sex. It's a nervous system tonic, relaxing without making you drowsy. A yin tonic, Replenishes fluids. Drink as Oat Straw tea. Tincture: harvested in the green milk stage. Or eat whole oat groats.
- **Licorice**: Adrenal tonic, phytoestrogens, harmonizer. Slightly warm energetically. Usually a small part of a formula.
- **Ashwagandha**: adaptogen, especially for stress, balance, reproductive tonic. Tincture or tea.
- **Asparagus root**: Chinese or ayurvedic. Moist & juicy tonic.
- **Shatavari**. Similar to Asparagus. Yin tonic. Tincture or tea.
- **He Shou Wu**: blood-strengthening tonic. For low-energy, poor circulation. For keeping one young.
- **Ginseng**: if run down & depleted. Red: hot & fiery. More yang. Great systemic tonic.
- **American Ginseng**: more yin, cooler, wetter.
- **Saw Palmetto**: nourishes the apparatus. Good for fertility. Energy. High in Essential Fatty Acids.
- **Raspberry Leaf**: preeminent reproductive & uterine tonic.
- **Hawthorn**: emotional & physical heart tonic. Healing for the heart.
- **Muira Puama**: Tonic for both genders.
- **False Unicorn**: Uterine & reproductive tonic.
- **Astragalus**: strengthening aphrodisiac; great general systemic tonic and adaptogen.
- **Burdock**: strengthening aphrodisiac; mineral-rich, esp iron; highly nourishing
- **Dong Quai**: Female tonic especially for the uterus, blood purifier, warms circulation. Avoid during menses & pregnancy.

Aphrodisiacs

Aphrodisiacs are usually used shortly before sexual activity to increase desire, improve circulation, provide hormonal and neurotransmitter precursors, etc. 'Aphrodisiacs' are named after Aphrodite, goddess of love,

- **Damiana** contains alkaloids that stimulate blood flow and increase sensitivity, and also relaxes the body and reduces stress. Considered the "number-one" sexy herb for women, it reduces feelings of stress. increases blood flow, particularly to the pelvic area where increased sensitivity leads to heightened stimulation. Promotes vitality, and sexual energy. Can be hot & drying, and potentially

irritating. Can be smoked, taken as tea, tincture, cordial or liquor. Calming, tonifying, blood purifier. A sexual tonic, best ingested 1 hour before sexual activity.

- **Shatavari** also called “asparagus racemosus,” this herb helps battle dryness, enhance fertility, and nourish the female reproductive organs. Translates to “she who has a 1000 husbands”
- **Muiru Puama**, also called “potency wood,” this is a small tree native to the Amazon; the bark and root have long been used by indigenous populations for sexual therapy. Also has tonic qualities.
- **Ginkgo Biloba**, increases blood flow throughout the body, particularly the extremities, while increasing metabolism and energy. Ginkgo increases peripheral circulation within 20 minutes.
- **Ashwagandha** (Indian Ginseng). The Kama Sutra identifies it as a potent igniter of passion and desire. Promotes vitality and encourages sexual and reproductive balance. It’s long been used to treat impotence, premature ejaculation, and other erection disorders, but also has a reputation for benefitting women’s reproductive systems.
- **Maca**, also called Peruvian maca root, is a legendary sex enhancing root with a reputation for increasing energy, stamina, libido, and sexual functioning for both men and women.
- **Angelica**: Circulatory stimulant, improves circulation, warming. Avoid if pregnant, can cause menstruation
- **Cannabis**: attunement. (still illegal in most of the US.)
- **Kava Kava**: very relaxing, can be very mildly euphoric and may increase sensation.

Essential Oils:

Natural aphrodisiac herbal oils such as jasmine, ylang ylang and sandalwood, all which provide aphrodisiac and sexual stimulation for the senses especially when combined with massage. Jasmine oil has a rich history of warming and relaxing the body, and sandalwood produces a musky smell that arouses the senses while ylang ylang enhances sensual stimulation.

Lubricants & Moisturizers

Lubricants make things slide. *Moisturizers* are absorbed into your tissues, improving tissues tone, elasticity and resilience.

Lube Rules

Oil based lubes cannot be used with latex products. Water based lubricants can be. Silicone lubes can’t be used with silicon sex toys.

Natural Oils

So, if you aren’t using latex barriers you can use any natural oil. My favorite is Coconut Oil, which acts as both a lubricant and a moisturizer! Use it straight. It smells and tastes delicious. It’s solid when cool and a liquid when warm. Other nice oils include Almond Oil, Jojoba Oil and Apricot Kernel Oil.

Yoni Balm

You can use coconut oil as a base for some Yoni Balm.

¼ cup Coconut oil (or a mix of coconut, almond, etc)

2 Tablespoons grated and packed Cocoa Butter

1-2 Vit E Oil Capsules

Optional: ½ teaspoon glycerin

Non-alcoholic flavoring extracts: vanilla, orange, etc.

Melt gently over low heat. While cooling add Vitamin E oil (empty 1-2 capsules). Add flavoring and glycerin, if desired. Pour into shallow jars or small containers.

Water Soluble Lubricants

With latex, you can use water soluble lubricants or silicone. Most commercial lubricants have a nasty taste and are full of chemicals. There are many natural and organic products on the market now.

My favorites natural water soluble lubes are Aloe Vera based such as Good Clean Love (goodcleanlove.com) and Aloe Cadabra (aloecadabra.com). Aloe acts as both a lubricant and a moisturizer!

Natural Vaginal Lubricant: Flax Seed Goo

May be used internally and externally. It's soothing, protective, and hypo-allergenic. Plus, when it's fresh, it has hardly any taste or smell. And it's water-soluble, thus latex-compatible.

- ♦ One cup Flax Seeds (whole seeds-not ground)
- ♦ 6 cups water (think juicy sex!)
- ♦ Bring to a boil. Turn down heat. Simmer 6 minutes. Turn off heat. Let sit for 6 minutes
- ♦ Strain the goo from the seeds. You have now made some sexy slime.
- ♦ Put in large jar in the fridge and put a smaller amount in a small jar or squeeze bottle to have handy for sex.
- ♦ It will keep for up to 2 months in the refrigerator, 2-3 days room temperature.
- ♦ May be preserved with grapefruit seed extract, calcium ascorbate or similar vitamin C compound, vitamin E, potassium sorbate, essential oil of lavender, rosemary, sandalwood oil, tea tree oil, etc.

Silicon Lubes

I have to mention Silicone lubes because they're really slippery and long-lasting. Three that I like are Wet, Pjur & ID.

Foods & Recipes

Chocolate: eat it, lick it off, but keep it and all forms of sugar out of the vagina (sugar increases the risk of yeast infections). Dark chocolate is especially aphrodisiac and healthy!

Chocolate Cordial

1 cup vodka

2/3 cup high quality natural organic chocolate syrup

optional: 2-3 drops of almond extract or edible rose water

Mix. Bottle. Let it rest. The longer it sits, the better it gets.

(Delicious mixed with Damiana Cordial)

Love Tea: Mix equal parts of: hibiscus flowers, raspberry leaf, rose hips, hawthorn, cinnamon

Body Spice: Mix equal parts of powdered herbs: ginger, anise, cinnamon, fennel, cardamon, black pepper, nutmeg together. Blend with honey. Apply and Lick.

Damiana Cordial

1 oz dried damiana leaves

1 pint vodka or rum

¾ pint water

honey to taste (1/4 to 1 cup)

optional (but super awesome): vanilla bean

Soak the damiana leaves (and optional vanilla bean) in the alcohol for 5 days, then strain through a coffee filter. Set aside the alcohol tincture. Soak the leaves in the water for 5 more days. Strain. Discard the leaves. Heat the water infusion gently and dissolve the honey in it, to taste. Mix the 2 liquids together. Drink 1 to 2 cordial glasses before planned pleasure sessions.

Damiana Spice Tea

2 parts damiana leaf
1 part spearmint leaf
1 part red rose petals
¼ part of each: cinnamin chips; licorice root, ginger root, whole cloves

Kava Kava Drink

Kava Kava root, ground powder (awa)
Water or Coconut Milk

(Never boil Kava when making beverages as it will decrease the potency.)

Traditional:

Strain the dried awa powder in water. Use a nylon stocking, cheesecloth or one gallon paint strainer. Use 1 to 2 ounces of powder per person. Place the powder into the strainer bag, hold its edges together at the top with your hand so that none of the whole powder escapes and immerse the bag into a bowl of cool water. The amount of water will vary according to taste but a good rule of thumb is 2 ounces to a quart of water. Use your hand to knead the awa under the water or bring the strainer out and squeeze then immerse it again in the water. The awa should feel oily at first which is due to kavalactone levels. Keep repeating this process until the awa in your strainer no longer feels oily. The water should take on the appearance of mud.

Modern:

Use approximately 2 Tablespoons of Kava and 16 oz (1 cup) water per drink. You can substitute coconut milk for all or part of the water. Add the kava and water in a blender for about 4 minutes. Pour mixture into a nylon sieve or cheese cloth, squeeze excess liquid into a bowl. Discard pulp and enjoy.

- Cocoa Kava: Blend 2Tbs Kava with 16oz water, strain. Add 1/2 cup high cocoa content chocolate and blend again.
Cinnamon Honey Kava: Blend 2tbs Kava with 16oz water, strain, add 1Tbs Honey, 1tsp cinnamon, 4 ice cubes and blend again.
- Lemon-Lime Kava: Blend 6tbs Kava with 3 Cups water, strain, add 1/4 cup lime or lemon juice and 2tbs Honey.
- Cocoawa: Blend 2tbs Kava with 16oz Coconut milk strain and Enjoy.
- Modern Drink: Blend 2 Tbs of Kava and 16 oz water for about 4 minutes. Strain & drink.
- Fast & Tasty: Blend 2Tbs of Kava with 16oz of any fruit or vegetable juice, strain and enjoy.

ENJOY!

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