



FEMCAN®

The Home of
Herbal Femedies

femcan.com

At FemCan we envision a world free of stigmas and taboos around the health and well-being of ALL women.



For that, we created a safe space where women can openly and proudly discuss their experiences and desires without fear of judgment. A circle where women are heard, appreciated, and empowered!

At FemCan we envision a world where women's needs are respected and taken seriously. For that, we created a platform where women can learn from experts and offer advice and guidance to others. A global community where women meet the people who care!

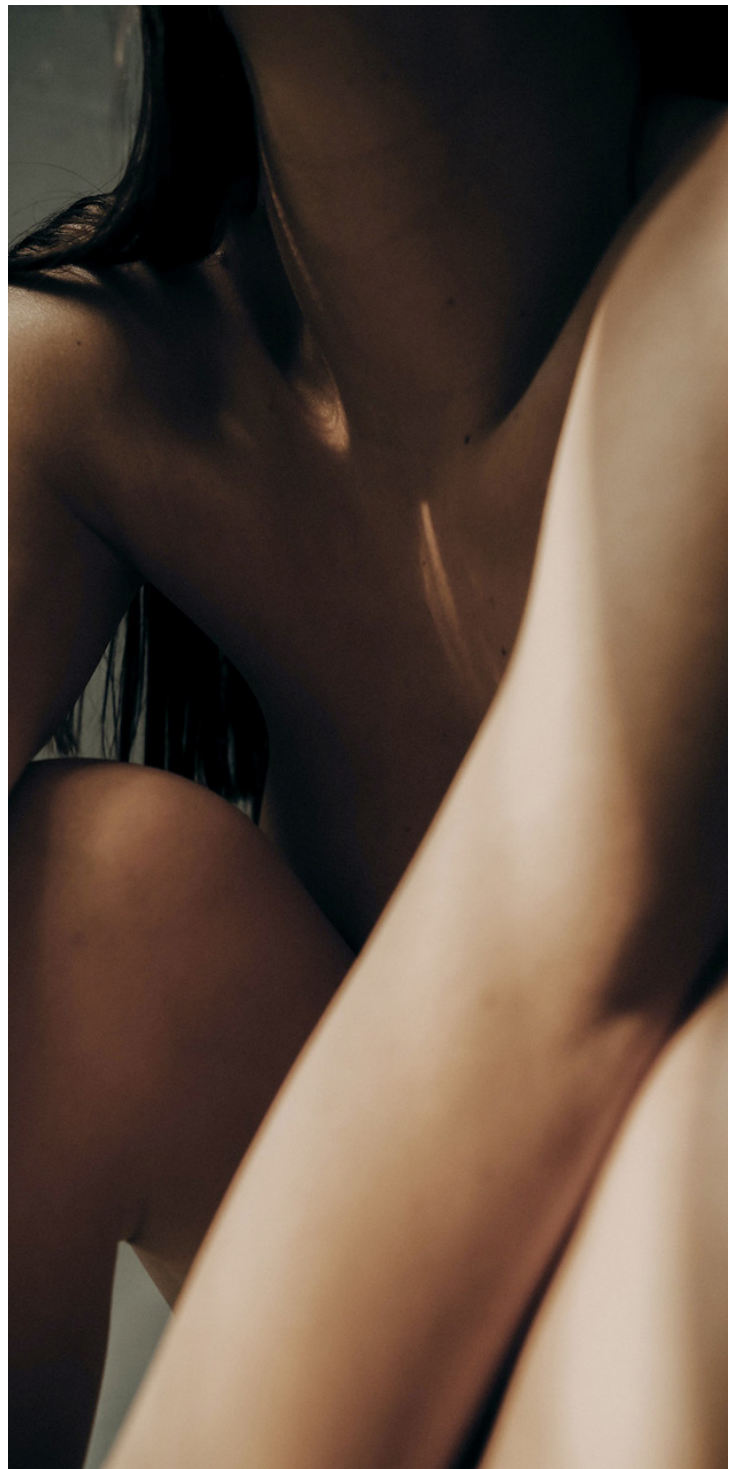
At FemCan we envision a world where women have easy access to natural solutions tailored to their needs. For that, we created a herbal apothecary with our unique female remedies – Femedics – to support women's individual needs. A place where women can find all the Femedics they need on one shelf!

The Power of Menstruation

Menstruation is a natural gift to the female body that should be celebrated and appreciated. The menstrual cycle has four unique hormonal phases, which are like the four seasons.

Each phase has its own unique essence and energy, and once women learn how to ride the ebbs and flows of hormonal changes throughout each phase, they will be empowered and celebrate their upcoming menstrual cycle. Menstrual literacy is a powerful tool for women, allowing them to make better decisions regarding their physical and mental health and enabling them to take charge of their own health and well-being, providing a greater sense of control and empowerment. The menstrual cycle is made up of four distinctive hormonal shifts that make up the phases of the cycle: Menstrual – Inner Winter, Follicular – Inner Spring, Ovulatory – Inner Summer, and Luteal – Inner Autumn. Each phase brings something new, and women can become more comfortable with these inner seasons and have more control, feel more productive, and balance their hormones. Women can use the hormonal shifts to their benefit and harness their menstrual superpowers, which can help reduce stress, increase productivity, and enhance their appreciation for the amazing body they inhabit. Each of the four phases has its own set of superpowers and challenges.

The Menstrual phase is the Inner Winter, and it is a time for stillness and withdrawal, for listening and reflecting. The Follicular phase is the Inner Spring, and it is a time to do, full of beauty and potential. The Ovulatory phase is the Inner Summer, and it is a time to shine and express, with a focus on connection and social activities. The Luteal phase is the Inner Autumn, and it is a time to harvest and prepare, to focus on detail-oriented work, and to practice self-care.



The Sunrise

Menstrual Ease Oil with
Hemp and CB2™ terpene blend

Why choose this Femedi

The hormonal changes before and during the menstrual phase can increase prostaglandins and cause inflammation. Inflammation can significantly impact your mood and energy levels, causing irritability, fatigue, muscle cramps, and headache, to name a few!

Use *The Sunrise* during your menstrual phase to support your immune system and ease your symptoms.

Live in harmony with your hormones

Menstruation is an inflammatory process. Therefore, it is important to give your body plenty of rest, as your energy levels may be lower than usual.

An anti-inflammatory supplement can support you during this phase when low progesterone levels elevate your body's inflammatory response.

Instructions

Shake well before use. Apply 0.5ml (10 drops) 2 times per day during the period in your mouth, don't swallow in Germany. For adults only, not suitable during pregnancy or breastfeeding.

Behind the ingredients

Traditionally used medicinal herbs and their functional ingredients are the key elements of our Femedies.

Hemp, indeed, is our hero plant, as its cannabidiol (CBD) has been found to have calming and soothing properties besides numerous other benefits. Combining CBD with other functional ingredients and herbs creates a powerhouse of holistic benefits. Femedies, as such, can support your hormonal journeys throughout the menstrual cycle and menopause transition.

Hero ingredient: CBD

Rest of the powerhouse: Curcuma, Ginger, and Functional Terpenes

Why Functional Terpenes?

CB2™ terpene blend -Receptor-Specific™ Formulations, developed by Eybna- has a potent anti-inflammatory effect due to its ability to activate cannabinoid (CB2) receptors within the immune system. This may help reduce inflammation, decrease pain, and improve overall health.

Linum Usitatissimum Seed Oil, Cannabis Sativa Seed Oil, Cannabis Sativa Leaf Extract, Borago Officinalis Seed Oil, Hippophae Rhamnoides Fruit Oil, Argania Spinosa Kernel Oil, Schizochytrium sp. Microalgae Oil, Passiflora Edulis Seed Oil, Citrus Aurantium Peel Oil, Helianthus Annuus Seed Oil, Tocopherol, Zingiber Officinale Root Extract, Curcuma Longa Root Extract, Natural terpenes, derived from plants.



Cosmetic mouth care oil

5 ml, 25 mg CBD

The Sunset

Pre-menstrual Comfort Oil with
Hemp and 5-HTP3™ terpene blend

Why choose this Femedy The decrease of hormones during the second half of the luteal phase is associated with common premenstrual symptoms (PMS) that many women experience.

The drop in estrogen and progesterone levels can increase the symptoms of depression and insomnia during the four or five days before your period.

Use *The Sunset* during the second half of your luteal phase (a few days before your period) to support your mood and soothe your mind.

Live in harmony with your hormones How your body reacts during the luteal phase depends on whether or not you get pregnant.

If you have not conceived, the rapid decrease in sex hormones in the second half of the luteal phase can affect your physical and mental well-being. PMS time, baby! Therefore, it is important to slow down and take time for self-care.

A calming supplement can support you during this phase when the sharp drop in estrogen and progesterone levels affects your brain's chemistry.

Instructions

Shake well before use. Apply 0.5ml (10 drops) 2 times per day before the period in your mouth, don't swallow in Germany. For adults only, not suitable during pregnancy or breastfeeding.

Behind the ingredients

Traditionally used medicinal herbs and their functional ingredients are the key elements of our Femedies.

Hemp, indeed, is our hero plant, as its cannabidiol (CBD) has been found to have calming and soothing properties besides numerous other benefits. Combining CBD with other functional ingredients and herbs creates a powerhouse of holistic benefits. Femedies, as such, can support your hormonal journeys throughout the menstrual cycle and menopause transition.

Linum Usitatissimum Seed Oil, Caprylic/Capric Triglycerides, Glycerin, Aqua, Crocus Sativus Stigma Extract, Citric Acid, Cannabis Sativa Leaf Extract, Borago Officinalis Seed Oil, Argania Spinosa Kernel Oil, Schizochytrium sp. Microalgae Oil, Oenothera Biennis Seed Oil, Prunus Amygdalus Dulcis Oil, Prunus Armeniaca Kernel Oil, Hippophae Rhamnoides Fruit Oil, Helianthus Annuus Seed Oil, Tocopherol, Natural terpenes, derived from plants, Salvia Sclarea Flower Oil.

Hero ingredient: CBD

Rest of the powerhouse: Saffron, Clary, and Functional Terpenes

Why Functional Terpenes?

5-HT3™ terpene blend –Receptor-Specific™ Formulations, developed by Eybna- is specifically formulated to activate serotonin (5-HT3) receptors expressed throughout the central and peripheral nervous system. This may help with depression-like symptoms, reduce anxiety, and improve overall mood.



Cosmetic mouth care oil

5 ml, 25 mg CBD

The Noon

Warming Tummy Oil with
Hemp and TRPV1™ terpene blend

Why choose this Femedy

Menstrual cramps and lower abdominal pain are usually caused by a disbalance of estrogen and progesterone at the end and the beginning of your cycle. The pain usually is caused by uterine contractions, associated with higher levels of prostaglandins, which help with the shedding of the uterine lining. Cramps and lower abdominal pain are among the typical PMS symptoms.

Use *The Noon* whenever the cramps start (usually a few days before and during your period) to provide warmth and comfort to your body.

Live in harmony with your hormones

At the end of each menstrual cycle, your body goes through a hormonal shift to prepare for a new cycle. Menstrual cramps often accompany this renewal! Menstrual cramps can often be uncomfortable and sometimes very painful. So it is important to take some time for yourself and allow the body to reset and heal naturally. Warm compresses or a light abdomen massage can relax the muscles and help relieve menstrual pain.

A warming tummy oil can ease the discomfort and promote relaxation as your body goes through its renewal and healing process.

Instructions

Use 2-3 pumps to cover the painful area, e.g., the underbelly, and gently massage in. For external use only. Avoid contact with eyes, mouth, and sensitive mucosa. For adults only, not suitable during pregnancy or breastfeeding.

Behind the ingredients

Traditionally used medicinal herbs and their functional ingredients are the key elements of our Femedies.

Hemp is our hero plant, as its cannabidiol (CBD) has been found to have calming and soothing properties besides numerous other benefits. Combining CBD with other functional ingredients and herbs creates a powerhouse of holistic benefits. Femedies, as such, can support your hormonal journeys throughout the menstrual cycle and menopause transition.

Hero ingredient: CBD

Rest of the powerhouse: St. John's Wort, black cumin, and Functional Terpenes

Why Functional Terpenes?

TRPV1™ terpene blend –Receptor-Specific™ Formulations, developed by Eybna– is finely designed to activate vanilloid (TRPV1) receptors, broadly expressed in all skin tissues. This may help alleviate pain and pain-like sensations, as TRPV1 plays a pivotal role in pain perception.

Caprylic/Capric Triglycerides, Hypericum Perforatum Extract, Nigella Sativa Seed Oil, Ricinus Communis Seed Oil, Cannabis Sativa Leaf Extract, Tocopherol, Helianthus Annuus Seed Oil, Zingiber Officinale Root Oil, Salvia Solarea Oil, Lavandula Angustifolia Oil, Piper Nigrum Fruit Oil, Eugenia Caryophyllus Bud Oil, Capsicum Annuum Fruit Extract, Mentha Pulegium Oil, terpenes and terpenoids, Limonene*, Eugenol*, Linalool*, Geraniol* (*natural component of essential oil).



Topical CBD oil for application on the skin

10 ml, 25 mg CBD

The Hug

Soothing Booby Cream with Hemp and Black cumin

Why choose this Femediy

Approximately two-thirds of us (women) experience some form of breast pain (mastalgia) at one time or another. Hormonal fluctuations are the number one reason for that, but it can be a sign of something more serious on rare occasions. So you should carefully monitor your pain to understand if it's cyclic or not. Mastalgia can be a dull, aching pain, but some may describe it as heaviness, tightness, discomfort, or burning sensation in the breast tissue, in just one or both breasts. The discomfort can range from mild to severe, which can interfere with daily life activities. There are a few standard treatments for severe mastalgia, including NSAIDs, but these common therapies can cause adverse side effects.

Use *The Hug* when your sore breasts need extra care to soften up.

Live in harmony with your hormones

Cyclical breast pain is a common premenstrual symptom that occurs in a predictable pattern related to the menstrual cycle. Estrogen causes the breast ducts to enlarge, and progesterone causes the milk glands to swell. Both of these events can cause your breasts to feel sore. Therefore you might feel breast pain a couple of days before your period (late luteal phase) due to a fall and rise in estrogen and progesterone after ovulation. If you become pregnant, your breasts may remain sore during the first trimester as hormone production ramps up. Using hot or cold compresses on your breasts and wearing a firm support bra -especially during exercise- may help with the pain.

A soothing booby cream can reduce discomfort by providing an analgesic effect.

Instructions

Apply appropriate amount of the cream on your breasts and massage it gently in and let the cream absorb. For external use only. For adults only, not suitable during pregnancy or breastfeeding.

Behind the ingredients

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Hero ingredient: CBD

Rest of the powerhouse: Damask rose and Black seed

Rosa Damascena Flower Water, Nigella Sativa Seed Oil, Glyceryl Stearate SE, Butyrospermum Parkii Butter, Cannabis Sativa Leaf Extract, Sodium Levulinate, Sodium Anisate, Glycerin, Aqua, Glyceryl Caprylate, Tocopherol, Helianthus Annuus Seed Oil, Rosmarinus Officinalis Leaf Oil, Lavandula Angustifolia Flower Oil, Juniperus Communis Fruit Oil

Why Black cumin?

Black cumin (*Nigella sativa*) seed oil has been used internally and externally for centuries to help reduce pain. In traditional Persian medicine, this oil is often used topically to help reduce the discomfort of mastalgia. Recent studies have found that topical application of black cumin seed oil reduced breast pain as effectively as NSAID gel (diclofenac). Besides, there were no reported adverse side effects during the treatment period, which indicates that black cummin could be a safe and effective alternative for those suffering from breast pain.



Topical CBD cream for application on the skin

20 ml, 10 mg CBD

The Rest

Relaxing Leg Balm with Hemp and Magnesium

Why choose this Femedy

If you have restless nights due to an involuntary urge to move your legs or an unpleasant 'creeping' sensation in your feet, you might be experiencing restless leg syndrome (RLS), and you are not alone! We (women) are twice as likely to experience RLS than men. Hormonal change during the menstrual cycle, menopause, and pregnancy –especially the estrogen: progesterone ratio- is likely a contributing factor. Therefore, you may notice an increase in the occurrence and severity of RLS during your period or menopausal transition.

Use *The Rest* when your restless legs need a relaxing rub, to ease your body before bed time.

Live in harmony with your hormones

Estrogen and progesterone levels play vital roles in your body and affect almost every mental and physical process. They have complementary functions, and their disbalance can lead to troubling symptoms or exacerbate existing ones. Estrogen dominance, for example, might lead to heavier bleeding and PMS.

Women with RLS reported having worse symptoms during menstruation and perimenopause when the progesterone level decreased. It's important to know that your RLS symptoms might worsen during the period, the third trimester, and the menopausal transition.

A relaxing leg balm with a gentle massage can improve blood circulation and reduce muscle tension in your legs.

Instructions

Apply appropriate amount of the balm on your legs and massage it gently in and let the balm absorb. For external use only. For adults only, not suitable during pregnancy or breastfeeding.

Behind the ingredients

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Hero ingredient: CBD

Rest of the powerhouse: Magnesium and ReLeaf Essential oil blend

Why ReLeaf blend?

Clinical data suggesting massaging legs with essential oils can combat the effects of RLS. Essential oils like lavender and peppermint can stimulate the nervous system and help balance the body's neurotransmitters. They can also increase circulation to the affected areas and reduce inflammation and pain.

ReLeaf essential oil blend (Mentha Piperita, Cinnamomum Zeylanicum, Rosmarinus Officinalis, Lavandula Angustifolia, and Tanacetum annuum) can provide a calming effect and reduce muscle pain and spasms in the legs. The massage itself can help to loosen tense muscles and promote relaxation. Blending ReLeaf in our leg balm can provide an effective and natural way to reduce the symptoms of RLS.

Helianthus Annuus Seed Oil, Butyrospermum Parkii Butter, Cera Alba (Beeswax), Cannabis Sativa Leaf Extract, Magnesium tricitrate, Glycerin, Tocopherol, Helianthus Annuus Seed Oil, Mentha Piperita Oil, Tanacetum Annuum Oil, Rosmarinus Officinalis Leaf Oil, Lavandula Angustifolia Flower Oil, Cinnamomum Zeylanicum Bark Oil



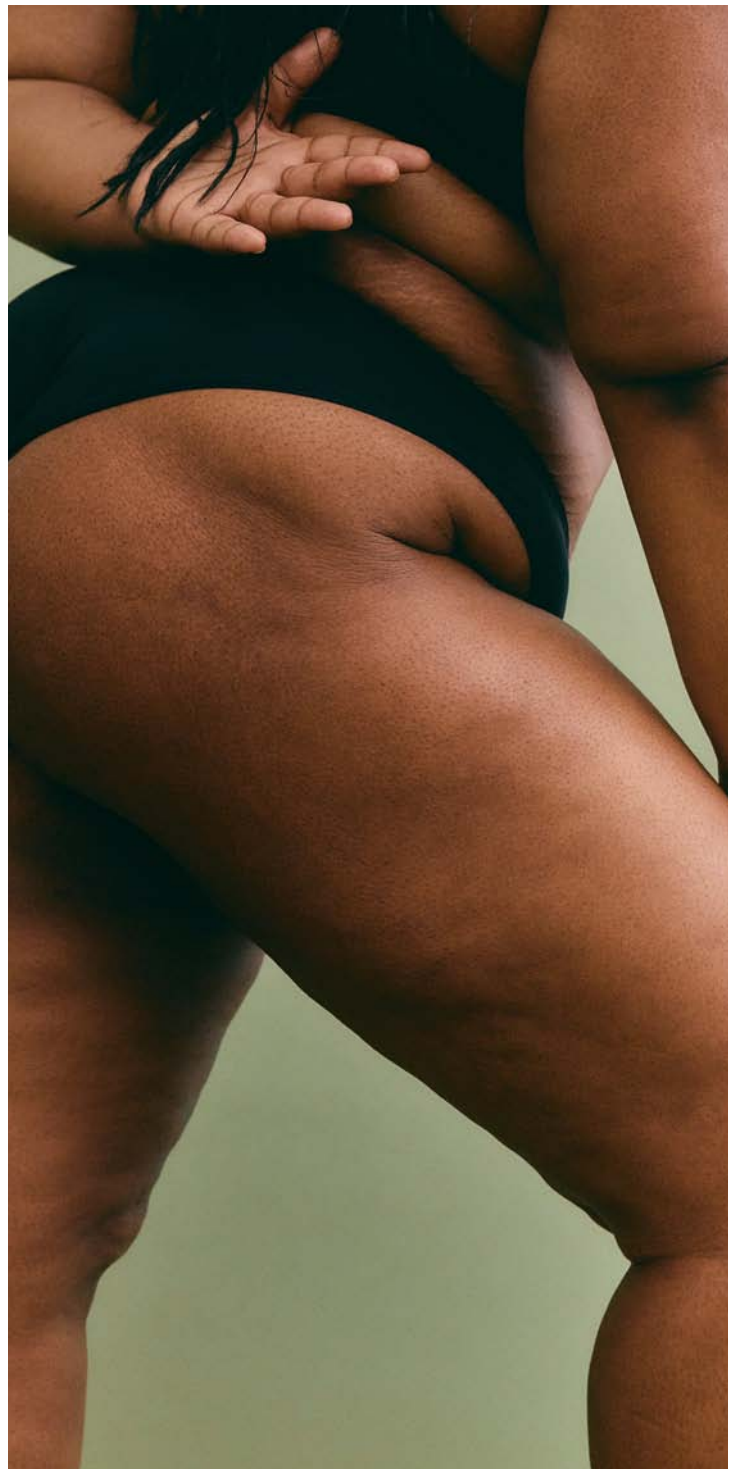
Topical CBD balm for application on the skin

20 ml, 10 mg CBD

The Power of Menopause

Menopause is a natural process that all women experience. Menopause is a time for change, and not just any change, great change! This is you transitioning into your wise years. The change that you experience is unique to you. You may experience hot flashes, night sweats, decrease in libido, increased irritability, and/or increased urination. You cannot let any of these symptoms get in your way. Instead, you should embrace this time and really get to know your body and be proud of it! You have to be positive about this great change. Just think, you no longer need to worry about wearing the right kind of bottoms in case your period leaks through or worry about having any form of birth control, you won't experience those aches and pains that you experienced when you had your periods, or worry about your weight fluctuating due to your periods. You get to focus on yourself and make yourself a priority. After all, confidence is attractive!

During menopause, your mind and body will experience many changes. These changes can be both challenging and liberating. On one hand, you can experience some not-so-fun symptoms which may cause discomfort and irritation. On the other hand, this transition period can be seen as a chance to truly understand and appreciate your body, mind and spirit, and to make meaningful and positive changes in your life. The physical and emotional changes associated with menopause can provide the perfect impetus for self-reflection and exploration. It is an opportunity to evaluate what is truly important to you, to practice self-care and relaxation, and to gain a better understanding of your true potential. Taking control of your life and finding the wisdom to embrace and accept the changes that you are going through can help you to rediscover yourself and live a more satisfying and happy life.



The Evergreen N°1

Women's Harmony Oil with Hemp and Omega 3

Why choose this Femedie

We (women) experience significant hormonal changes throughout our journey from menarche to menopause. The ebb and flow of hormone levels can have a variety of consequences depending on your age and mental/physical health status. Many common symptoms you may experience monthly – like acne, anxiety, depression, and even chronic pain– are directly related to hormonal imbalance. For example, although low estrogen levels increase pain sensitivity, too much of it also causes inflammation and increases pain. So it's essential to understand these nuances and nurture your body with complementary supplements to restore harmony and balance whenever needed.

Use *The Evergreen* when your body needs extra support to balance the mental and physical symptoms of hormonal shifts.

Live in harmony with your hormones

Hormonal changes during our lifetime can cause a variety of symptoms that can affect both physical and mental health. In puberty, you experience bodily and emotional changes such as acne, and mood swings. During reproductive years, hormones spike and drop to support your menstrual cycle, pregnancies, and childbirth. During menopause transition, estrogen and progesterone levels will drop, causing hot flashes and vaginal dryness, marking the end of your reproductive years. Even after menopause, you may experience slow but steady declines in estrogen and progesterone levels, which can lead to other health issues such as osteoporosis and cognitive changes. Therefore, it's important to track your hormonal changes and balance them with natural complementary supplements.

A multi-target harmony oil can improve and lessen the symptoms of your ever-changing hormonal shifts.

Instructions

Shake well before use. Apply 0.5ml (10 drops) 2 times per day in your mouth, don't swallow in Germany. For adults only, not suitable during pregnancy or breastfeeding.

Behind the ingredients

Traditionally used medicinal herbs and their functional ingredients are the key elements of our Femedies.

Hemp, indeed, is our hero plant, as its cannabidiol (CBD) has been found to have calming and soothing properties besides numerous other benefits. Combining CBD with other functional ingredients and herbs creates a powerhouse of holistic benefits. Femedies, as such, can support your hormonal journeys throughout the menstrual cycle and menopause transition.

Hero ingredient: CBD

Rest of the powerhouse: Plant-based Omega-3 (DHA & EPA rich oil from microalgae)

Why Omega-3?

The effects of endocannabinoids can be significantly influenced by the type of fatty acids we consume. New research shows omega-3 is vital for endocannabinoid creation and maintenance of ECS health. Importantly, omega-3 endocannabinoids are believed to control vital physiological processes in the body – such as the body's inflammatory response, pain, and neurological function. This may help preserve a healthy endocannabinoid system and overall well-being.

Linum Usitatissimum Seed Oil, Cannabis Sativa Seed Oil, Cannabis Sativa Leaf Extract, Borago Officinalis Seed Oil, Argania Spinosa Kernel Oil, Schizochytrium sp. Microalgae Oil, Oenothera Biennis Seed Oil, Prunus Amygdalus Dulcis Oil, Prunus Armeniaca Kernel Oil, Hippophae Rhamnoides Fruit Oil, Helianthus Annuus Seed Oil, Tocopherol, Natural terpenes, derived from plants.



Cosmetic mouth care oil

5 ml, 25 mg CBD

The Evergreen N° 2

Wome's Harmony Oil with
Hop and and CBI™ terpene blend

Why choose this Femedy

We (women) experience significant hormonal changes throughout our journey from menarche to menopause. The ebb and flow of hormone levels can have a variety of consequences depending on your age and mental/physical health status. Many common symptoms you may experience monthly – like acne, anxiety, depression, and even chronic pain – are directly related to hormonal imbalance. For example, although low estrogen levels increase pain sensitivity, too much of it also causes inflammation and increases pain. So it's essential to understand these nuances and nurture your body with complementary supplements to restore harmony and balance whenever needed.

Use *The Evergreen* when your body needs extra support to balance the mental and physical symptoms of hormonal shifts.

Live in harmony with your hormones

Hormonal changes during our lifetime can cause a variety of symptoms that can affect both physical and mental health. In puberty, you experience bodily and emotional changes such as acne, and mood swings. During reproductive years, hormones spike and drop to support your menstrual cycle, pregnancies, and childbirth. During menopause transition, estrogen and progesterone levels will drop, causing hot flashes and vaginal dryness, marking the end of your reproductive years. Even after menopause, you may experience slow but steady declines in estrogen and progesterone levels, which can lead to other health issues such as osteoporosis and cognitive changes. Therefore, it's important to track your hormonal changes and balance them with natural complimentary supplements.

A multi-target harmony oil can improve and lessen the symptoms of your ever-changing hormonal shifts.

Instructions

Take 0.5ml (10 drops) 2 times per day. For adults only, not suitable during pregnancy or breastfeeding.

Behind the ingredients

Flaxseed oil, hemp seed oil, borage seed oil, argan oil, DHA/EPA rich Schizochytrium sp. microalgae oil, evening primrose oil, almond oil, apricot oil, seabuckthorn fruit oil, sunflower oil, vitamin D, vitamin E, hop extract, natural terpenes, derived from plants.



The Moment of Chill

Cooling Facial Mist with Hemp and Rose

Why choose this Femedy

The decrease in sex hormones during menopause can significantly affect your body while slowing down your reproductive function. The decline in estrogen and progesterone levels can lead to a range of vasomotor and urogenital symptoms. Hot flashes and night sweats are among the most common and uncomfortable vasomotor symptoms. They are caused by a rapid rise in body temperature and can last anywhere from a few seconds to several minutes.

Use *The Moment of Chill* when your inner hot waves arise to cool your body and calm your mind.

Live in harmony with your hormones

The menopausal transition phase is full of hot moments! Hot flashes can be unpredictable and occur anytime, leaving you feeling hot, sweaty, and uncomfortable. It is important to remember that these hormonal fluctuations are a natural part of the menopausal process. With time and patience, your body will adjust and find its new balance. You can make this transition as smooth and comfortable as possible with a positive attitude and self-care. Taking measures to reduce stress, dressing in layers, or even carrying a portable fan can help to manage and reduce the severity of hot flashes.

A refreshing facial mist can help you cool off during those moments of intense heat, providing you with a chilly breeze.

Instructions

Spray the mist on your face, from 20 cm, and close your eyes. For external use only. For adults only, not suitable during pregnancy or breastfeeding.

Behind the ingredients

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Hero ingredient: CBD

Rest of the powerhouse: Damask rose, Clary sage and Peppermint

Why Peppermint?

Peppermint (*Mentha Piperita*) has been scientifically proven to activate TRPM8 receptors, which are responsible for the cold temperature sensations in the body. This may enhance the bodily sensation of coolness, as peppermint triggers cold-sensing nerve fibers to mimic the effect of applying an ice pack to your skin.

Aqua, Rosa Damascena Flower Water, Citrus Aurantium Amara Flower Water, Mentha Piperita Leaf Water, Pentylene Glycol, Nano-Cannabis Sativa Leaf Extract, Polyglyceryl-10 Laurate, Aqua, Citric acid, Glyceryl Glucoside, Aloe Vera, Salvia Sclarea Flower Oil, Citrus Aurantium Bergamia Fruit Oil, Abies Sibirica Needle Oil.



Topical CBD mist for application on the skin

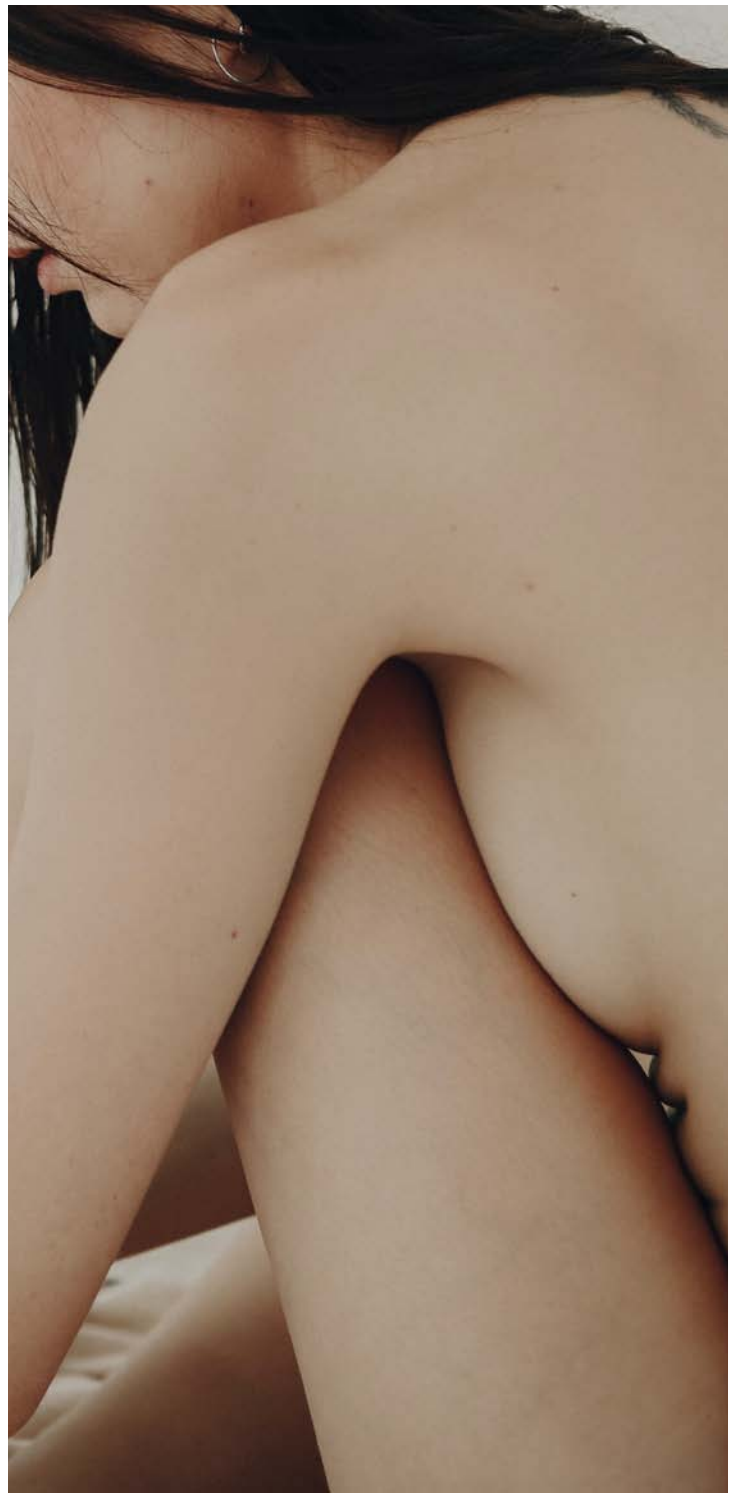
5 ml, 25 mg CBD

The Power of Pleasure

The female body is a beautiful and natural place, and we should talk more about orgasms, which are important for our health. Society has taught us that talking about sexual desires is inappropriate or “un-lady-like,” but we need to discuss it. An orgasm is the feeling of sexual arousal when the body releases sexual tension and pressure, and it involves intense feelings of pleasure throughout the body. Orgasms usually last for a few seconds and can occur either during sex or masturbation. During orgasm, the body releases hormones such as dopamine and oxytocin, which increase feelings of happiness and positive emotions.

During foreplay, the area of the brain that is responsible for communicating with the genitals begins firing, and in women, the clitoris, vagina, and cervix each activate different parts of the brain. During arousal, the front medial lobe turns on, the hippocampus manages memories, and the amygdala is involved in sexual drive. As you are about to orgasm, not only your genitals but also your thighs, glutes, and abs begin to tense. The hypothalamus releases oxytocin, causing uterine contractions, and dopamine communicates with other parts of the brain to assess how well your human needs are being satisfied. After orgasm, the parasympathetic nervous system starts calming the body, and the brain releases serotonin responsible for good mood, relaxation, and drowsiness.

For women, orgasms have positive impacts on the body. For example, they help alleviate pain such as headaches, boost fertility, and lower the risk for hypertension, rapid heart rate, and most cardiovascular diseases. After orgasm, the level of white blood cells increases, and the immune system gets a boost for fighting off any illnesses. Orgasms and sex can also be seen as a form of exercise.



The Tickle

Pleasure Vulva Oil with Hemp and Jambu

Why choose this Femedy

Orgasms can provide a wide range of benefits for both physical and mental health. Physically, orgasms are associated with the release of endorphins and other hormones, which can help to reduce stress, increase energy levels, and even help to reduce pain. Mentally, orgasms can help reduce anxiety, enhance sleep quality, and even boost mood. Unfortunately, however, we (women) are significantly less likely to reach orgasm during sexual activities than men. Therefore, it is important to explore individual ways to increase arousal and orgasm frequency.

An intimacy oil, for example, can help bridge the orgasm gap by providing increased lubrication and sensation in the area, leading to improved sexual pleasure and orgasm.

Live in harmony with your hormones

Ovarian steroids, or sex hormones, modulate your sexual desire or libido. Higher estrogen levels before ovulation promote vaginal lubrication and increase libido. However, reaching orgasm can be difficult sometimes. Besides the right hormonal cocktail, many other factors, like our mental state, can affect our (woman's) ability to reach orgasm—hence the orgasm gap!

Focusing on foreplay, for example, can help to increase arousal and increase the chances of orgasm.

A stimulating vulva oil can increase your arousal and intensify your orgasm.

Instructions

Apply 2-3 pumps on your inner vulva lips (near clitoris) and massage gently. For external use only. For adults only, not suitable during pregnancy or breastfeeding.

Behind the ingredients

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Hero ingredient: CBD

Rest of the powerhouse: Kava Kava and Jambu

Why Jambu?

Jambu (*Acmella oleracea*) has been traditionally used in some regions of Brazil as a powerful aphrodisiac for its ability to increase arousal and libido. Topical application of Jambu can increase blood flow to the genitals, resulting in increased sensation, clitoral erection, and lubrication. This can help increase arousal and improve sexual pleasure.

Cocos Nucifera Oil, Hypericum Perforatum Extract, Punica Granatum Seed Oil, Oenothera Biennis Seed Oil, Acmella Oleracea Extract, Piper Methysticum Root Extract, Cannabis Sativa Leaf Extract, Tocopherol, Zingiber Officinale Root Oil, Elettaria Cardamomum Seed Oil, Zanthoxylum Piperitum Fruit Extract, Melaleuca Alternifolia Leaf Oil.



Topical CBD oil for application on the skin

5 ml, 25 mg CBD



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