



your
SEXUAL
WELLNESS
REGIMEN

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*What's your
sexual health
regimen?*

In a culture where sexual wellness is almost an afterthought, your Sexual Wellness Regimen is your personalized guide for taking your self-care game to the next level! Just like your skincare or hair care regimen, your sexual wellness regimen helps you to explore different ways to care for your incredible body, deepen your self-love practice and prioritize your health. This guide contains questions, tips, and resources to get you started!



HOW OFTEN DO YOU...

- *get an annual wellness visit*
- *get tested for HIV + other STDs*
- *do a self-chest exam*
- *switch up your contraceptive/ barrier method and why?*



WHO IS YOUR 'GO-TO' PERSON TO TALK ABOUT SEXUAL HEALTH?



WHO IS YOUR GYNECOLOGIST? WHY?



WHAT ARE SOME WAYS THAT YOU PROTECT YOURSELF SEXUALLY?



WHAT ARE THE SEXUAL HEALTH PRODUCTS OR ROUTINES YOU CAN'T LIVE WITHOUT?

Here are ten sexual wellness products and brands we love:



for periods

HONEY POT

a complete feminine care line for people with vaginas by people with vaginas. They offer everything from organic chemical free tampons to pH balancing wipes.

GOOD CLEAN LOVE

so many products to choose from made for women by women -- but we absolutely love the almost naked organic personal lubricant - its water-based and certified organic.

BLK + GRN

This shop provides non-toxic feminine care products manufactured by Black and women-owned businesses.

for protection

LOVABILITY

women-owned condom brand with the cutest packaging and mission!

TROJAN BRANDS

because they are backed by science and everywhere when you need them!

TRUVADA

for pre-exposure prophylaxis (PrEP) as another option for HIV prevention. This means someone who is HIV-negative would take Truvada daily to reduce their risk of HIV transmission by sex by more than 90%.

with or without a partner

UBER LUBE

a body-friendly, multi-purpose silicone based lube that can be used during sex, to tame frizz and prevent daily chafing.

SATISFYER PRO TRAVELER

11 settings of Oh my! Perfect for travel and fits in your purse -- discreet and waterproof -- and has a powerful but quiet motor that is rechargeable.

AFROSEXOLOGY'S SOLO SEX

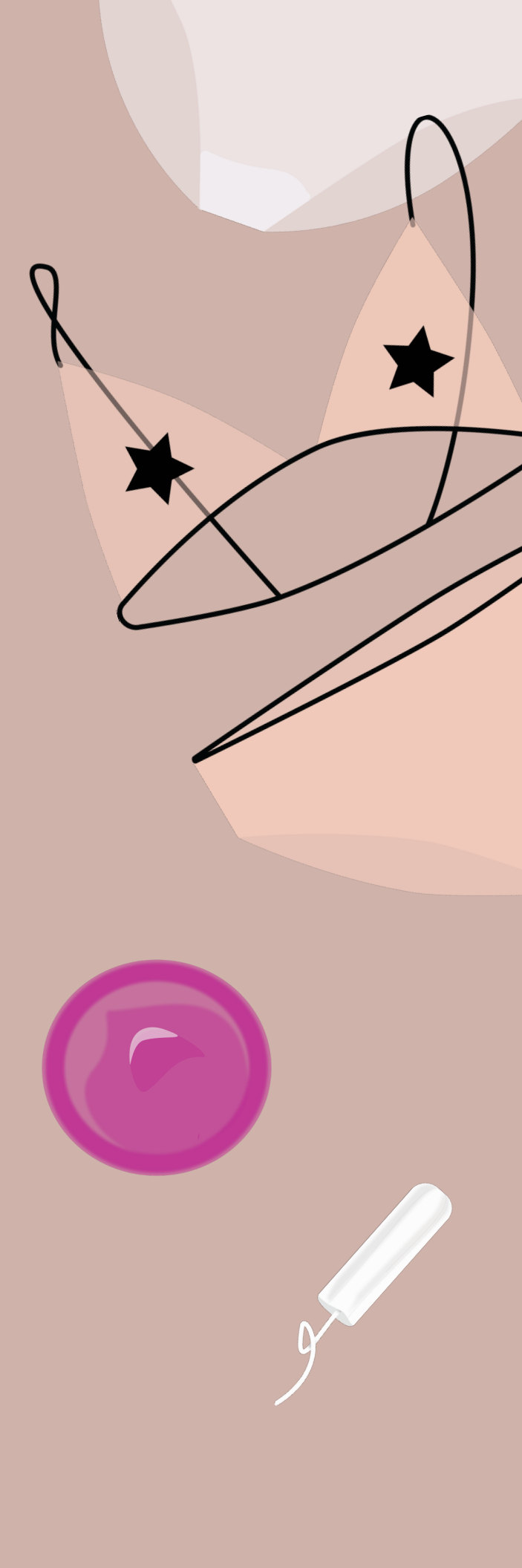
A workbook for your erotic self- digital 50+ page workbook filled with activities and practices to explore, affirm, and deepen your connection with your most important sexual relationship -- the one you have with yourself!

SAVAGE FENTY LINGERIE

Who doesn't want to look and feel as good as Rihanna does in her Savage Fenty?!

SVAKOM

Elva Remote Control Vibrating Bullet Egg- This sleek and discrete toy can be used solo or with a partner. Simply insert the vibrating bullet egg into your vagina and take full control of the sensations and vibrations with the remote anytime, anywhere! #GoodVibesOnly.



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Now that you've got your sexual wellness regimen, make sure to tell 5 women in your life to get theirs too! We all deserve to feel empowered about our bodies and take charge of our health.
XX



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