



Tools for Improving Your Sexual Health: Information about Arousal Creams

What is an arousal cream?

An arousal cream is applied to the clitoris and enhances pleasurable sensations in this area of the body. Arousal creams can help to increase blood flow in the genitals, making the nerves more responsive; thus, increasing a woman's arousal. Many products are mint-oil or menthol based, creating a tingly sensation in the genitals that can be very stimulating.

Who should use an arousal cream?

- Women who are interested in increasing their sexual arousal and experimenting with new forms of pleasure and sensations.
- Women experiencing sexual arousal issues, such as low libido.
- Women taking certain prescription medications, such as anti-depressants.

What are the benefits of using an arousal cream?

An arousal cream can help intensify the pleasurable feelings in the genitals and help to increase a person's arousal. If a woman is feeling stressed, taking certain medications, or having difficulty becoming aroused, an arousal cream can help to boost her libido.

How do you use an arousal cream?

To use an arousal cream, apply a pea-sized amount to the clitoris during foreplay. If needed, more cream can always be added after the first application.

Pure Romance has created three arousal creams made specifically for women. These include:

Ex-T-Cee

An edible, air-activated arousal cream to be used on the female erogenous zones. It contains special mint-oil based sensitizers for a woman which intensify and heighten feelings of arousal. Great for first time users.

Nympho Niagra

An all-natural, menthol-based cream developed to stimulate and sensitize the female erogenous zones to increase sensitivity and enhance pleasure. Recommended for women who are prone to yeast or bacterial types of infections.

X-Scream

An edible, menthol-based arousal cream developed to stimulate both men and women. Recommended for women who are experiencing difficulties during arousal due to certain medications or health conditions. Not recommended for first time female users.

