

A Fulfilling Sex Life Is Good For Your Health!

Health Benefits Include:

- **Improved Blood Flow:**
Increases vaginal fluid during sex while replenishing antibacterial properties.
- **Enhanced Immune System:**
Sexual activity increases the body's immunoglobulin which helps to fight off illness.
- **Improved Sleep Patterns:**
Orgasm releases natural sedatives and creates a drop in blood pressure, leading to more restful sleep.
- **Improved Appearance:**
The same endorphins that help boost intimacy also helps your complexion, while the act of sex burns calories.
- **Strengthened Cardiovascular System:**
Consistent sexual activity has been shown to reduce the risk of heart related diseases by up to 50%.
- **Natural Pain Relief:**
Symptoms of ailments such as migraine headaches, PMS or arthritis can be relieved due to the release of oxytocin; a natural opiate with analgesic properties.

Sex ...
*It's more important
than you think!*



Intensity™

Intimate Health and Stimulation Device

Intensity™

www.pourmoi.com

1. Laumann, E. Paik, A., Rosen, R. Sexual Dysfunction In The United States: Prevalence and Predictors. JAMA. (1999)
2. Barrett, G. et al. Women's Sexual Health After Childbirth
BJOG: An International Journal of Obstetrics and Gynaecology (2000)
3. Chametski, C., Brennan, F. Sexual Frequency and Salivary Immunoglobulin. Psychological Reports. (2004).

Enhance Your
Sensual Health and Wellbeing
While Strengthening Your
Pelvic Floor

What is Intensity?

Intensity is an intimate health and stimulation device that exercises pelvic floor muscles. Exercise enhances pelvic floor tone, strength and control, heightening intimate sensation.

- Pelvic floor exercise promotes strengthening of the pelvic floor muscles, which studies have shown increases the power and intensity of the female orgasm
- Tightened and toned pelvic floor muscles increase sensation for both you and your partner, resulting in more pleasurable intercourse

Intimacy is one of the five essential human needs, just below sustenance and safety.

- Multiple studies have shown that women with active sex lives live an average of 5 years longer than women that don't. Men with active sex lives reduce their chance of heart attack and stroke by 50%.
- Studies also show that 43% of women experience difficulty enjoying or participating in sexual intimacy at some point in their lives.
- Age, childbirth and stress can play an active role in a woman's ability to participate in and enjoy sex. Some women develop pain during intercourse, some produce an inadequate amount of lubrication, and others have difficulty achieving orgasm.
- Approximately 80% of women experience at least one sexual health problem in the first three months following vaginal childbirth, and 60% of women experience ongoing sexual issues at six months following childbirth.

If you have questions about limited sexual function, Talk to your doctor about how Intensity can help.

- Pelvic floor exercise increases blood flow to the pelvic floor muscles which enhances sensation and provides additional lubrication to the vagina
- Targeted vibration maximizes response

Targeted Vibration (5 Levels)

Clitoral Vibration

G-Spot Vibration

Stimulation (10 Levels)

Stimulation Contacts

