

TAOI – THE ART OF INTIMACY LUBRICANT GEL

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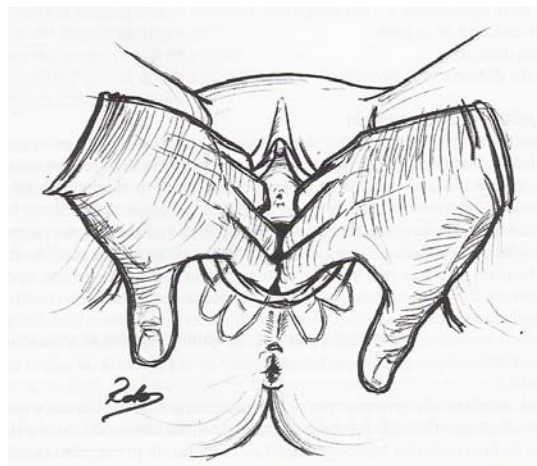


Almost all women think they know their own bodies; but when we talk about the female pelvis it seems to be the biggest unknown. Unless we're speaking about this zone to imply intimacy and sexuality, we don't speak about it at all.

In spite of being an area that is rarely spoken of, this zone is the main protagonist in our sexual activities. If we experience any pain or discomfort when we have sex, we must know that there are physiotherapists whose main objective is to cure these problems.

In addition to treatments given by a health care professional, if we feel that our pelvic floor muscles are tense, then a physiotherapist will give us a pelvic massage to reduce the tension. This pelvic massage can also be administered yourself, or by a partner, in the comfort and privacy of your own home.

How can we do it? First at all, the woman has to be relaxed. Then the woman or the partner introduces one finger inside the vagina, and as if it was a clock, moves the finger to nine o'clock. The movement he/she has to do is massage forth and back without retrieving the finger (from nine o'clock to seven o'clock). The on the other side, but from three o'clock to five o'clock.



Walker C. Fisioterapia en obstetricia y uroginecología. Barcelona, Ed Masson, 2006.

With the use of TAOI's lubricants, the experience becomes much more sensual. The way that the lubricant enables the fingers to slide and enter the pelvis allow us to relax; both enhancing and adding comfort to the massage being given.

Aside from the medical benefits of the massage, it is a way to discover our own bodies. And while we're at it, why not our partners too!