



## Vaginal Rejuvenation vs. Penis Size - What Can You Do When Things Start To Get Loose Down South?



Creams, supplements and even equipment for penis enlargement or erectile dysfunction is readily available for men all over the world - but what about women? It's true - after childbirth and as women age, the vagina can become loose and lose sensitivity for both partners. What's a gal to do when having sex just isn't as pleasurable as it used to be?

### Vaginoplasty

One of the options for vaginal rejuvenation is vaginoplasty, or vaginal surgery. Experienced surgeons can help tighten things up down south, giving you and your partner a more satisfying sex life - but is vaginal surgery all it's cracked up to be? Not exactly. As with any surgery, while there are pros, there is also a long list of cons. The worst being death, followed by infection, undesirable results (such as a vagina that is still too loose or becomes too tight to even have intercourse), and a long recovery period if the surgery goes without a hitch. Any woman considering vaginoplasty should talk to a board-certified surgeon and consider all options before consenting to surgery.

### Are There Other Options?

Of course! The most tried and true of all of them are the well-known Kegel exercises. You may have heard of them, but might not ever tried them. Just like any other muscle, the vaginal muscle can become tighter and more toned with regular exercise. To find your Kegel muscles, simply stop your stream of urine mid-go. This is the exact same maneuver you'll use when doing your Kegel exercises. You can even try doing Kegels with a vaginal weight or Ben-Wa balls.

Another option is vaginal tightening cream. Just like anti-wrinkle cream for your face, vaginal tightening cream plumps and hydrates the inner walls of the vagina, giving you and your partner heightened sensitivity during sex. Combined with Kegel exercises, vaginal tightening cream can help produce even better results than vaginal surgery, without the risks and lengthy healing periods.

Not all vaginal tightening creams are the same though. Many vaginal tightening creams claim to do wonders, but lack clinical backing or may even use ingredients that are considered unsafe. Because they are manufactured overseas, some even have traces of arsenic. (Be safe.) [PK24](#) is the only vaginal cream that is manufactured in the United States to ensure quality and has gone through clinically trials to test for safety and efficacy.

[PK24](#) is the only clinically tested and proven vaginal tightening cream on the market today, helping women every day to bring the spark back to their sex lives and the satisfaction back to their partners.

In fact, in the PK24 clinical trials, 78% of women reported an increase in satisfaction with their ability to reach orgasm AND 45% report increase in frequency of orgasm when using pk24.

Before considering vaginoplasty, a woman should exhaust all other options first. Through discovering different ways to tighten and tone your vaginal tissue and muscles, you can bring the passion back to your sex life without expensive and risky vaginal surgery. Do some research on your own about what other women are saying about Kegel exercises, vaginal weights and PK24 vaginal tightening cream to find the best solution for you and your partner.