

How To Tighten Your Vagina Naturally

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There may be several reasons for a [woman's vagina to be wide, flaccid and loose](#). While some women acquire this **vaginal flaccidity** as a birth trait (hereditary), others tend to develop it after delivery.

Hormone Fluctuations, Pregnancy, Menopause, Weight, Health, Aging ...

All of these factors affect the vagina, and often have the unfortunate side effect of loosening the area of your natural tension.

Whatever the case may be, a loose, flaccid vagina can potentially lead to a lack of interest in sex and may eventually ruin the intimacy and relationship between the couple.

The vaginal skin is soft and elastic to a certain extent, but like a rubber band, eventually it loses its elasticity, after a certain amount of pressure.

[Why Does the Vagina Become Loose?](#)

The woman's vagina is loose or flaccid when both the vaginal walls are not tight enough or when the opening or vaginal canal gets too large.

Following are some of the most common reasons why women develop this feature.

[After Childbirth \(Vaginal birth\)](#)

Motherhood is the essence of a woman's life, and the woman is said to be complete only after giving birth.

However, the pleasures associated with motherhood have a cost.

One of the greatest prices a woman has to pay for this wonderful moment is the fact that she loses the “**tight vagina**”, strength and elasticity of the vagina, since the baby is born and often the vagina rips (some more, some less) , widening the entire perineum, region between the vagina and the anus.

During labor, the vaginal and cervical muscles contract and expand repeatedly.

This action along with the arrival of the baby through the **vaginal opening** results in the decrease of the vaginal muscles.

[Masturbation and frequent sexual activity](#)

The vagina contracts and expands whenever you have sex or only when you masturbate.

These contractions and repeated expansions will cause the vaginal walls to tend to become loose and lose their elasticity.

Also, when too much force is applied during penetration it can damage the opening and the entire vaginal canal, causing the vagina to lose its grip and elasticity.

[How To Find Out If You Have Wide Flaccid Vagina](#)

While most women are able to feel and “admit” that their vagina has gotten longer with time, some of us may not be well aware of the problem.

Here are some simple tips that will help you find out if your vagina is wide.

Inserting more than two fingers into the vagina without any resistance or pain may mean that the vagina is wide.

Then again, if you are able to insert your index finger into the vagina and do not contract the vaginal walls (try wrapping the vaginal walls around the index finger) then you certainly have a wide vagina.

If your partner starts complaining, or you are no longer able to feel the movements as before, the chances of having a wide vaginal canal is increased.

A loose vagina not only reduces your sexual sensitivity, but also does not allow your partner to achieve an adequate orgasm.

If you masturbate frequently and need to insert larger objects to achieve the desired sexual stimulation and satisfaction, the chances of having the wide vagina are too great.

How To Tighten Your Vaginal Muscles

Despite the existence of some surgical procedures to tighten the vaginal canal, we always recommend, initially, the practice of some methods (exercises) as well as the use of some home remedies and solutions.

There is no need to visit the doctor or gynecologist for any type of surgical treatments to tighten your vagina.

You can simply follow some simple home remedies or exercises that can effectively tighten your vaginal muscles and reduce the size of the vaginal opening.

Kegel Exercises

One of the most popular solutions to tighten your vagina is to choose to perform [Kegel exercises](#) regularly.

Frequently recommended for postnatal women, Kegel exercises involve the contraction of the groin muscles, rather the Pubiococcygeus muscle, located in the pelvic floor area, in order to tone and strengthen the muscles that tighten the vagina.

1. Contract and relax the groin muscles (try to locate the Pubiococcygeus muscle) at least 10 times, rest, and repeat the exercise again.
2. Try to perform your exercise at least 10 times (10 sets of 10 contractions, with a few seconds rest between them), every day.
3. Alternatively, you can try to contract the Pubiococcygeus muscle while urinating, and hold the urine for 5 seconds before continuing. Repeat the procedure every time you need to urinate. This will help to tighten your pelvic floor muscles.

Vaginal Cones

Another commonly used training method for tightening the vaginal muscles is the use of a [vaginal cone](#) that looks like a tampon (internal absorbent), but has weights attached to it.

1. You need to insert the vaginal cone (with the weights hanging off the end) into the vagina and try to hold it with the help of the vaginal muscles for a few minutes before releasing it.
2. Just repeat the procedure at least 5 times a day and add more weight as you progress (gaining strength in the vagina muscles).

Leg Ups

This simple exercise only requires you to lie on your back on the floor and lift your legs up one after the other, as shown in the picture below. Do not bend your legs, instead hold them straight. Lift and lower legs alternately.

1. A slight variation for this exercise involves lifting the legs sideways. Stand sideways (as shown in the picture above). Keep your legs straight again and lift.
2. Repeat the movement for one minute, and change sides. Continue the exercise for about 10 minutes and try to do it at least 5 times a day for better results faster.

Indiana Gooseberry (Alma)

Here is a very simple home remedy to help tighten the vaginal muscles.

Currant, especially Indian gooseberry (amla), is known to be one of the best natural solutions for narrowing the vaginal canal.

The benefits of Indian gooseberry also include very rich properties that help to improve skin, hair and our overall health.

1. Put 10 to 12 Indian currants in a saucepan and boil well in pure water.
2. The fruit extract should be mixed with water and form an opaque blend. Place the mixture in a bottle and store in a cool, dry place.
3. Apply the mixture throughout the vaginal area before taking a shower.

Performing this every day procedure will increase the elasticity of the vaginal muscle and strengthen the entire area in a few weeks, or months depending on the degree of the problem.

Aloe Vera

Natural treatments to **tighten the walls of the vagina** also include the use of aloe vera. The gel extracted from the aloe vera plant can be very helpful in making the vaginal muscles tighter.

1. Take a large sheet of aloe and remove the gel from it (as shown in the photo above). All you need to do is apply about 2 tablespoons of this fresh gel to the outer and inner parts of the vagina, every day.
2. Massage the skin from the flaccid area with the gel or simply run your fingers over gently.

The regenerative properties of the plant can end the vaginal wall prolapse and strengthen the muscles present in the region effectively.

Curcuma comosa Roxb

Curcuma Comosa Roxb. is a plant of the ginger family, and has amazing effects on our vagina.

The regular use of Curcuma comosa Roxb. can prevent prolapse of the vaginal wall, while reducing many other vaginal and other issues. Now let's get to know the plant better.

This medicinal plant is used for its anti-inflammatory properties, in the treatment of postpartum uterine bleeding and inflamed uterus .

Research suggests that Curcuma comosa extract has a strong anti-inflammatory activity and has great potential to be developed for use as a therapeutic compound for several neurological diseases associated with inflammation.

Traditional uses of Thailadeses include the rhizome of Curcuma comosa Roxb in relieving postpartum uterine pain, and reducing inflammation of the uterus after delivery.

Several studies have been conducted on the effects of Curcuma comosa Roxb, showing that the plant can reduce blood cholesterol, increase the thickness of the epithelial cells lining the vagina, and decrease uterine contraction.

The plant is also used to treat prolapse of the vaginal wall, tighten the vaginal muscles, and relieve premenstrual syndrome and menstrual cramps.

The plant is used to centuries in Thailand as a remedy for many other gynecological problems, including vaginal dryness, hot flashes, excessive white and yellow vaginal discharge, vaginal odor , and absent, excessive or irregular menstrual cycles.

The plant appears to increase the effect of ovarian and testicular hormones, and may have an estrogenic effect. Miraculous plant much appreciated and used in luxury Thai Spas to give a lifting effect to flabby muscles, promote blood circulation, and provide shine and good health to our skin.

How to tighten the vagina fast, using Curcuma Comosa Roxb?

You just need to extract the juice from the root and apply it generously in your genital area. The results can be achieved quite quickly, sometimes in just under a month.

Note: It is important not to confuse the plant with others, nor to go in the talk of vendors who say the plants are the same.

You must have noticed that I have often mentioned the scientific name of the plant "Curcuma Comosa Roxb ". This is because there are many other species almost identical.

There is ginger, then there is Curcuma, also known as saffron or saffron. Both are basically identical, "but they are not the plant we refer to here."

Just go to the specialty stores: Here is the information you need. **Name of plant:** Curcuma Comosa Roxb. **Family:** Zingiberaceae

Pueraria Mirifica

Although the scientific name Pueraria Mirifica (Pueraria candollei var. Mirifica) is very popular for its natural enhancement properties, it has also shown very positive results in treating this drama for some women.

Pueraria Mirifica's tuberous root extract is rich in phytoestrogens, non-steroidal chemical compounds found in plants, and helps stimulate the process of regeneration of tissues in the pelvic region as well as the genital regions.

In this way, applying the plant extract to these areas can make the walls of the vagina become firmer.

Manjakani (oak galls of the species Quercus infectoria)

The oak galls, oak apples (manjakani), of the species *Quercus Infectoria*, grow in Anatolia (Asia Minor): Iraq, Kurdistan and Turkey; as well as in Cyprus and Greece, and were introduced into Europe in 1822.

It is a fruit greatly appreciated for its ability to tighten the vaginal canal. It contains tannins, phytoestrogens and large astringent properties, which work cumulatively on the muscles of the vaginal wall, making them more elastic.

Oak extract (*Quercus Infectoria*) is applied directly to the vaginal region for this purpose. For best results, use daily before showering.

Other benefits of this extract:

- prevents the development of dry, oily skin as well as [acne](#)
- improves vision
- strengthens teeth and bones
- regulates the menstrual cycle
- reduces vaginal discharge
- eliminates vaginal infections
- decrease pain associated with menstrual cramps and back pain
- gallic acid in the plant prevents diabetes and asthma
- helps in the prevention of breast cancer and cervical cancer

Galls are extensively used in Malaysia in combination with other herbs, for the same purpose (as a home remedy for postpartum women, helping to restore the elasticity of the uterine wall, and in many other vaginal products).

Manjakani extract was also claimed by Kelantan Malaysians as being highly beneficial to postpartum women.

So far no dangerous or minor effects have been reported after application of the plant. In addition, the Arabs, Persians, Indians, Malaysians and Chinese traditionally use it after childbirth to treat vaginal discharge and some infections triggered at this stage.

The galls of the *Quercus infectoria* have properties: astringent , anti-diabetic , anti tremorine , local anesthetic , antiviral, antibacterial, antifungal , larvicidal, anti-inflammatory, anti amoebic, and are used to treat skin infections as well as gastrointestinal disorders.

Hamamelis L. (Hamamelia)

The bark of the shrub Hamamelis L. is considered another home remedy quite effective for a loose vagina. Firstly, the dried bark must be milled and powdered.

It is then mixed with water to prepare the herbal solution. You will need to wash the genitals with this mixture at least once every week.

Being a wonderful astringent, witch hazel L. can help tighten the vagina quite efficiently.

Actaia, Streptococcus (Actaea racemosa)

Actaea, also known as St. Christopher's herb, scientific name Actaea racemosa, is another extraordinary plant that can be used to tone the vagina to a certain extent.

It has high levels of phytoestrogens, which play a key role in making the vaginal muscles firmer.

Make a water extract of the plant and apply the solution throughout the intimate area daily. Principally recommended primarily for women over 40 years.

Healthy Diet

Carrying out a diet rich in estrogen-rich foods is another great way to increase vaginal firmness.

Give preference to foods like sesame seeds, pomegranates, soybeans, dried fruits, flaxseed, chickpeas and (all these foods help increase the natural hormones that will strengthen the pelvic floor muscles.

These foods are also part of a healthy and balanced diet, which will contribute to your overall health.

[Vaginal Tightening Creams](#)

[Over-the-counter creams](#) can be a great bet when traditional solutions such as those mentioned above are not good enough.

The combination of the two can deliver truly transformative results.

What these creams contain in their composition: These creams normally contain Manjakani Extract, a powerful astringent, Pueraria extract, aloe vera, witch hazel extract, among other extracts of astringent plants.



[CLICK HERE TO LEARN MORE ABOUT V-TIGHT GEL](#)

[How They Work:](#)

Manjakani Extract is an ingredient used in medicine, 100% natural, with properties that encourage tightening of the skin and reduction of sagging. When applied to the vagina it improves blood flow, causing the vagina to “swell,” which results in a tighter vagina sensation.

[The creams work:](#) The reviews are surprisingly positive . More than 80% of the women who tried these creams were surprised by the results, although many women also claim that the effect of the extract lasts only a few hours after the application.

[Side Effects:](#) A small percentage of women who have already used these creams informs that they have caused them infections and vaginal irritation.

[Conclusion:](#) It may be worth trying if you want to tighten the vagina even temporarily to increase sexual sensation and satisfaction.

Conclusion

When performing these home remedies and herbal remedies to tighten the vagina, you should always keep in mind that we can not guarantee you “effectively” good results for your case. For as we all know, no remedy works equally for everyone.

If this is your situation, the only solution will be to contact a professional in the area (gynecologist), or test other proven methods, such as Kegel exercises (working the pelvic floor muscles), test products to tighten the vagina (creams, gel, etc.), or surgical techniques such as labioplasty (vaginoplasty), and so on.

Note: The idea that vinegar was a miracle remedy to tighten the vagina has now become widespread on the Internet. The simple answer is, it is not true. Do not believe everything you read or see on the Internet!

I hope the article in this ebook has somehow been helpful to you and has helped answer the question on how to make your vagina tighter. And never forget. You are not alone in this battle! You can finally answer the question of ‘how to make your pussy tight’ and ‘how can you tighten your vagina lips’.

An advertisement for V-Tight Gel. On the left, a middle-aged couple is smiling and embracing. The woman is holding a bottle of V-Tight Gel. In the center, there are three bottles of V-Tight Gel. To the right, there is a green button that says "ORDER YOUR BOTTLE NOW!". Above the button, the text reads "The V-Tight Program will have you tightening your vagina within minutes!". Below the couple, there is a gold seal that says "SATISFACTION 100% GUARANTEED". A smartphone is also visible next to the couple.

[CLICK HERE TO LEARN MORE ABOUT V-TIGHT GEL](#)

Or visit ➔ **<http://bit.do/tighteninggel>**