A romantic couple embracing in a forest at night. The background is dark with soft, out-of-focus bokeh lights in shades of teal and blue. The couple is in the lower half of the frame, with their arms and heads visible. The woman's hair is dark and pulled back. The overall mood is intimate and serene.

INTIMACY

AND

ESSENTIAL

OILS

A GUIDE FOR INCREASING
PLEASURE AND LIBIDO

ISADORA CAPORALI

"Intimacy

A gentle touch, a true feeling of closeness, connection.

Intimacy with oneself or the partner goes beyond the sexual act. That which precedes it, bonds and lasts long after every act of love making. In a time of separation, intimacy is the cure, it's the antidote.

The aim in the coming pages is to support you to navigate a journey of pleasure that comes from within. It starts with a thought "I love and accept my body". A recognition of this vessel as a temple to experience pleasure.

It continues with a desire to bond with your instinct, to allow plant medicine to take you through travels of sensations.

Love making is part of nature. Aphrodisiac plants and foods have been used for centuries, for fun, surely, but also to access new levels of consciousness and bliss.

Are you ready to connect to your most intimate self? Here is a guide on how essential oils can support you with that.

Love,

Isadora"



The power of touch

Essential Oils can work in an aphrodisiac way by raising the body temperature through its warm and rich aroma. Besides that, they are also able to reduce feelings of exhaustion, which is also counted as a common reason for partners to feel a lower sex drive.

The simple act of applying an essential oil on each other, with some fractionated coconut oil, massaging, letting the other feel your care, your closeness, appreciating your body and your partner's body through touch, can be already a deep experience of intimacy.

Touch goes beyond getting you "in the mood" and allowing you to "relax". It's also a beautiful way to build connection, to change the body chemistry through the deep sensations of relaxation and love, combining the chemical composition of essential oils that can change how one feels at the moment.

Lastly, this is a technique that, when diluted correctly, it's able to allow you to go all places in the body. With that I also mean making your own natural lubricant and allowing hands and fingers to take where pleasure is inviting you to go.

Grab your oils, light up a candle, have a bite of pure dark chocolate and allow your fingers to slip through your skin bathed in oils.

Favorite oils for the bedroom

YLANG YLANG



Allow the play to come in. Ylang Ylang is a well known essential oil to increase libido. It is also an oil that brings lightness and playfulness into the bedroom.

This essential oil is a gentle and kind activator of the heart wisdom. It invites us to leave all mind stuff, stories and complications out of the door and connect to the simplicity of presence and pleasure.

This is a great oil to add to a diffuser for intimate nights, but also to add to your massage oil blend. It's aroma is warm and uplifting.

CINAMON



Cinnamon is an essential oil that invites you to embrace your body, your curves, your forms and your memories and feelings around intimacy. It breaks through the stories of being unloved, unworthy or unattractive. It's sexy and a bit spicy and it invites your insecurities to stay out of the room.

This warm aroma is like a blanket bringing you & your body/your beloved closer together.

Cinnamon is a hot oil and should be used with care. A little drop goes a long way. When applied in the body (always diluted!) can create a sensation of "numbness" which can be lovely to support more relaxation.

Cinnamon combines beautifully with the other oils mentioned in this ebook in the diffuser and it also blends well with citrus oils for a more uplifting vibe.

GINGER



Allow things to spice up. Ginger gets things hot and calls out the wilderness in the bedroom. Similarly to Cinnamon, Ginger should be diluted and applied with care on the skin. It's worth making a little test on your arms before further application onto other areas.

Ginger can make for a lovely drink, but also it can be added to the massage blend providing an extra "punch" in the hot feelings in the body.

If you like to go a little edgy in your intimate moments, Ginger is just the right partner to support you in that space.

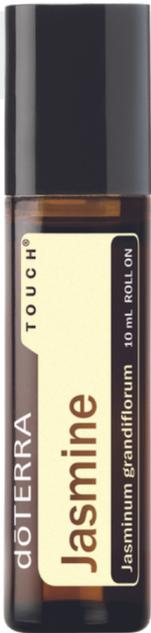
PASSION



This is a roller blend that combines some of the oils mentioned above. It can be used as a perfume or shared between partners. It's a great blend to use in special moments or just before going into your date. Passion can be applied on the wrists, womb area and close to your intimate areas. It allows for a gentle aroma & it can surprise your partner too ;)

If you enjoy solo touch, you can apply it on your hands, take some deep inhalations to get more in the mood, and massage your body with it afterwards.

Favorite oils for healing the womb and increasing libido



JASMINE

This is an invitation to think about forms of womb healing that are gentle and kind. Jasmine has a strong presence when supporting us to overcome trauma and access the depths of power inside our wombs.

This oil comes in a roller form that can be used daily as a perfume, but also can be used intentionally on the womb to let go of past stories and find a new space of grace.

Jasmine opens space for pleasure where there was once pain. It's an oil that brings back purity, in intention and in action to the sexual act, independently of being with yourself or a partner.

It shows us that it's safe to trust in the potency of the sexual force.



NEROLI

Neroli is a flower from the orange tree. It combines the lightness of the citrus with the gentleness of the flowers. It invites us to bond again to parts of ourselves or others that we have troubles with.

Neroli brings us to new depths with ourselves and others, showing how each experience is sacred in teaching us about the universe of connection.

Neroli invites us to see that sexual activities can be the glue to one's relationship and that much magic can spring from the connection between two beings.



GERANIUM

The healer of the heart, Geranium is also a powerful healer of the womb. This essential oil can assist in the hormonal balance that might be influencing libido and connection, but it also has an impact on the energetic space of trusting to feel pleasure.

It invites us to open (our hearts and our womb) and to receive.

In its working, Geranium invites us to slow down and notice that intimacy is built on the small moments in daily life, when we are present enough with open hearts to connect, right here and now.

Bonding time

Check in:

Intimacy starts before the bedroom. It starts in space to connect with a true part of oneself. This technique is to be used between partners, and it can also be used in family settings, between friends, etc.

Sit face to face and agree on a certain time that each person will be given to speak. Agree on a rule of non-interruption. While one person speaks, the other does not reply or comment. It only listens.

You can do this with eyes open or closed. Whatever allows you to connect to the other person best.

During the agreed time, one person will speak whatever it's in her/his heart. There is no rule, and also no pre-defined topic. Whatever comes is welcome. In the meantime, the other listens.

Once the first person is done, the other will have the chance to speak. The same amount of time should be given for both. Ideally, at this stage, the other one is not responding to what was said before. It's simply speaking from her/his heart as previously done by the partner.

Once both partners have spoken out. They remain in silence and let what has been said sink in. No continuing of the conversation and also no response or comments on what was said.

They can choose to hug, walk away, whatever feels right. Later in the day, they can return to speak about what came up during Check In time.

Bonding time



Closed eyes, gentle touching

If there is one thing that bursts feelings of intimacy is having make love as a checkpoint in your “to do list”. It’s a bummer.

Sometimes one partner wants more sex than the other and that’s totally normal.

If any of these cases is your current scenario, try connecting with each other without the expectation of this moment ending up as what you call “sex”.

Just lay next to each other and try gentle touching. Applying essential oils on each other’s body and offering a massage are wonderful ways to simply connect. The rest can follow naturally.

Couple Massage

Not sure how to start any of these techniques? Schedule a date to give massages to each other. Prepare your oils, some nice candles and relaxing (or sexy) music.

Allow hands and fingers to slide through each other’s body without any expectation of “doing it right” or making it look / feel like a professional massage. Couple massage is about feeling the touch and creating a space where giving and receiving is both welcome.

Meet the author



Originally from Brazil, Isadora spent part of her life in Amsterdam, and now living a beautiful life in the island of Bonaire. Isadora's life story was not always a smooth road, but it brought her where her heart wanted to be. Her passion is to live a healthy, happy, and wealthy life.

She is doing exactly that and more! Thanks to the power of essential oils and the community around it, she connects women and creates business with soul where they can thrive in their business and personal lives. Certified NLP Coach, Life Coach, Soul Reader, dōTERRA Gold Leader, Founder of The Next Step Community, mom of two boys. All her current life experiences are the result of a conscious and intentional manifestation of her best life.

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**ARE
YOU
READY
FOR
YOUR**

NEXT STEP?



THE NEXT STEP

Join our community today and get ongoing education and support within an exclusive customer experience made just for YOU.

Me & The Next Step Community are here to guide you in a journey of connecting, inspiring, and pursuing the pure.

Being part of The Next Step Community is a game-changer on your health and wellbeing journey and offers you:

- ongoing support**
- a place to connect with like-minded people**
- a Google Drive with a library of ebooks, one-pagers, and videos (topics ranging from detoxification, skincare, gut health, green cleaning, kids, emotional wellbeing etc.)**
- an inspiring educational email series**
- a private FB group**
- a private IG account**
- and much more!**

Today, we are made of 1500+ people and 100+ health coaches, nutritionists, spiritual teachers and wellness advocates in three continents. You can find us all over Europe, South America, and the Caribbean. This is why we've also crafted our new content in all languages for you (English, German, Dutch, Portuguese, you choose).

You don't just get your oils, you get a whole support team of experts and inspiring souls with it.

GET STARTED NOW

