



Do you need the O-SHOT?

Will a 45-minute 'miracle treatment' transform your sex life?

vagina – trigger stem cells to grow healthier vaginal tissue. This is said to reawaken the female orgasm system, and the subsequent benefits include increased natural lubrication, augmentation of the labia, and rejuvenation of the clitoris and G-spot. People who've had it reported stronger and more frequent orgasms, increased sexual desire and younger, smoother skin of the vulva. The treatment can also be used to improve urinary incontinence and alleviate pain during intercourse, and it's particularly beneficial for menopausal women or those who have had children. Prospective patients will attend a consultation first to assess suitability and rule out any contraindications. Dr Sherif Wakil (Drswclinics.com) – who is credited with launching the treatment in the UK – stresses that the results may differ between patients. "I always explain to my patients that the results depend on where we are at the starting point," he explains. "For example, their age, if they have medical conditions or whether they have hormonal problems." However, patient testimonials have been glowing. Jackie Hartland, a patient of Dr Sarah Shah (Artistryclinic.co.uk), comments, "The O-shot has been an amazing treatment for me. After giving birth to twins five years ago, nothing has been the same. I was very dry in the area, and sex was painful and uncomfortable. After only one treatment, I can feel such an improvement, and since then, my sex life has improved greatly."

Alternative thinking

The O-Shot is not without its critics, with some keen to point out that self-help and education should come (pardon the pun) first. "Instead of following the latest fad, women need to be educated about their own pelvic health first and foremost," says Stephanie Taylor, managing director of Kegel8. "Just like brushing your teeth or getting your five-a-day, looking after your pelvic floor should be an important part of your daily routine. Approximately 25 per cent of women suffer from pelvic disorders worldwide, yet many women are still in the dark. "For better orgasms long-term,

women can build stronger, firmer muscles in their pelvic floor on their own, without the need to spend thousands of pounds and go through an invasive cosmetic procedure, which usually needs repeating months later. By practising Kegel exercises, either manually or with the help of an electric toner, women can strengthen and build muscle tone, as well as improve nerve sensation in just a few weeks. "It also has the added benefits of protecting against bladder incontinence and prolapse, which can affect women at any point in their lives. Women looking for better sex should think carefully about the best and most body-friendly way of getting it before shelling out thousands on a procedure that's still in its infancy."

Patients reported stronger and more frequent orgasms

According to the Sexual Advice Association, sexual problems affect around one-third of young or middle-aged women, and around half of older women – including a loss of desire, orgasm problems and pain during sex. There are plenty of contributing factors that can lead to a lack of action under the sheets, but if there's a physical reason for why you're not feeling it, could an orgasm injection be the solution? The O-Shot, abbreviated from The Orgasm Shot, is a pioneering non-surgical technique that involves platelet-rich plasma being injected into the vagina in order to rejuvenate it and enhance sexual pleasure. It

can be used to help women who might currently be suffering with female sexual dysfunction (FSD) in silence. **What is FSD?** According to Nhs.uk, FSD refers to sexual problems, such as a loss of desire, orgasm problems and pain during sex. A loss of desire might affect some women at specific times of life – such as during pregnancy, after having a baby or during times of stress – but some women experience it constantly. Its causes can be complex, and can be physical or psychological. If your libido's lacking, could it be down to relationship problems, depression

or previous trauma? Tiredness, hormone disorders, excessive alcohol or drug use and certain medications can also be blamed. Orgasm problems can be divided into two types – primary, when a woman has never had an orgasm, or secondary, when a woman has in the past, but can't now. Reasons for it can include fear of sex or being unable to "let go", not enough effective stimulation, relationship problems, mood disorders or a previous traumatic experience. Research is currently being done into certain medical

conditions that affect the blood and nerve supply to the clitoris to see if this plays a part, too. Pain during sex, also called dyspareunia, can be caused by vaginismus – when the muscles in or around the vagina go into spasm, making sexual intercourse painful or even impossible. Sex can also be painful after the menopause, as oestrogen levels drop and vaginal dryness occurs, or following female genital mutilation, which is where female genitals are deliberately cut, injured or

changed for no medical reason. Your GP will be able to run tests to check for underlying medical conditions, or refer you to a therapist if needed. If you are confident your FSD is due to a physical cause rather than a psychological one, then The Orgasm Shot might be for you. **How it works** The O-Shot employs the same technique used by the Vampire Facelift, whereby a small amount of blood is taken from the arm and placed in a centrifuge where the plasma is then harvested. The plasma contains cell-regenerating growth factors, which – when injected into the

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HOME HELP

- Squeezy App, £2.99, App Store or Google Play**
 This reminds you when you need to do your exercises. It comes preset with routines that can be personalised, so it's specifically aimed at women who are following a specialist programme set by a physiotherapist.
- Elvie Trainer, £169 (Elvie.com)**
 To help you get your pelvic floor exercises right, this trainer connects to an app to guide you through a full workout and track your progress.
- Kegel8 Tight And Tone Electronic Pelvic Toner, £98.99, Kegel8.co.uk**
 This clever gadget can help to restore pelvic muscles that are too weak to do traditional "squeeze and release" Kegel exercises.
- Vagisan Moisturising Cream, £14.99 for 50g, Boots**
 Applied regularly, this can dramatically improve vaginal dryness to make sex more comfortable.

Words: Jo Chapman. Photos: Shutterstock