

LET'S TALK ABOUT SEX



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Melissa Ferrara is a nationally board-certified Family Nurse Practitioner and has specialized in women's health for over 20 years, with a subspecialty in female sexual dysfunction. She holds a bachelor's degree in biology from Siena College and received a bachelor's degree in nursing and master's degree as a nurse practitioner from Pace University.



Come Together: The Science (and Art!) of Creating Lasting Sexual Connections

By Emily Nagoski

Come Together breaks down the obstacles that impede us from enjoying sex—from stress and body image to relationship difficulties and gendered beliefs about how sex “should” be—and presents the best ways to overcome them.



On-Demand Meditations

By Tara Brach

Tara Brach's teachings blend Western psychology and Eastern spiritual practices that offer a wise and caring approach to freeing ourselves and society from suffering.



Come As You Are

With Dr. Emily Nagoski

The sex educator and bestselling author answers questions about sex with the latest science and busts cultural myths. She teaches you what's true with the help of groundbreaking research and other leading experts.

You Are Not Broken

With Dr. Kelly Casperson

Combining the power of mind-work, body-science and relationships, she joyously breaks down the societal barriers that are keeping you from living your best intimate life.

Inside Information

With Dr. Lauren Streicher

Hot flashes, vaginal dryness, leaky bladder, inability to orgasm? Nothing is off limits in these fact filled, solution-driven and often edgy podcasts that address the specific symptoms and issues women face as they navigate mid-life and menopause.



Sliquid Naturals Silk

A water-based personal lubricant perfect for couples or for solo use. Silk is easy to clean up and has a luxurious creamy texture, helping to make your next intimate encounter last even longer, but with less mess!

Pelvic People Kiwi

If you're experiencing a burning or tearing feeling with insertion, avoiding sex, or struggling with desire — you're not alone. This vibrating entry pain massager makes progress feel good.

Womaness Gold Vibes

Feel like yourself again with the exhilarating power of this small but mighty rechargeable silicone bullet vibrator.

Foria Awaken Arousal Oil

An all-natural arousal oil that works with your body to enhance pleasure and sensation, and help you have bigger, better orgasms.

Pelvic People Ohnut Rings

With 4 stretchy, stackable rings that go around the base of the penetrating partner, you can customize how deep you want to go.

Womaness Coco Bliss Moisturizer

This indulgent vaginal moisturizer uses the natural power of coconut oil to ease vaginal dryness and prep you for intimacy. It's so ultra-hydrating that you can use it on any dry skin, anywhere.



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