

# ULTIMATE GUIDE TO VAGINAL TIGHTENING

Tighten those pelvic muscles through these three natural and cosmetic procedures.



1

## VAGINOPLASTY

This is a reconstructive procedure that "tightens up" a vagina that has become loose due to natural childbirth, medical conditions or ageing.



BEFORE



PRE-OPERATIVE MARKINGS



AFTER

2

## PELVIC FLOOR MUSCLE EXERCISES

The most natural way to make sure that your vagina is fresh and young for long is to exercise the pelvic floor muscles.



3

## HEALTHY FOOD INTAKE

Regularly eating probiotics contained in yogurt, kimchi, miso, tempeh, and isoflavins found in organic tofu and edamame, contain estrogen-mimicking plant compounds that can keep your vagina naturally tight.



# How Do You Tighten Your Vag

**Joacim Rocklöv**



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