

THE ULTIMATE GUIDE TO VAGINAL TIGHTENING

**How To Make Your Vagina
Tighter 100% Naturally**



Betty Anderson

The Ultimate Guide To Vaginal Tightening

Hi there!

Having a loose vagina is something that millions of women around the world deal with and carry insecurities about...

...and it's not uncommon for them to keep this unpleasant insecurity to themselves, as women often find the problem extremely embarrassing to admit and share with others (even healthcare professionals).

If this is you, and you're embarrassed about the tightness of your vagina, the first thing you need to know is this...

IT'S OKAY!!!



Having a loose vagina is a 100% natural side-effect of having children, getting a bit older or even just a simple hormonal imbalance (**contrary to popular belief, it does NOT come from having too much sex**).

Vaginal looseness occurs even if you haven't given birth vaginally, and this is due to a hormonal imbalance that commonly occurs in middle age, however this imbalance can also occur in younger women for a multitude of reasons.

Whatever the cause, the first step to tightening your vagina is to accept your body the way it is and **start taking action from a place of self-love, rather than self-shame!**

It'll be comforting to know that millions of women around the world also worry about the tightness of their vagina, and it's completely normal... it's just another part of being a woman!

With that being said, here are the best natural vaginal tightening methods that will rapidly tighten your vagina and bring about a new found sense of confidence "down there".

Lets get started!

Betty Anderson



Chapter 1: What Causes A Loose Vagina? The Top 4 Little Known Reasons For A Loose Vagina



Are you struggling with a loose vagina that's leading to problems in your sex life?

Maybe you're not able to get that same amount of pleasure you used to from sex...

Or maybe you're just self-conscious about the looseness of your vagina and how it feels for your partner...

Having a loose vagina is as common problem that most women around the world face at some point in their lives...

And they commonly find it awkward or embarrassing to discuss such topics with anyone.

But don't worry... there are many ways to deal with a loose vagina and stop it from robbing you of your confidence, your self-esteem and an enjoyable sex life.

You might have heard of many myths related to the causes of a loose vagina, so it's important to know the real causes behind this common issue...

Top 4 Little Known Reasons For Having A Loose Vagina

In women, the vaginal walls can lose their firmness and elasticity for a number of reasons.

This loss of elasticity often makes it difficult for them to experience sexual arousal and pleasure during sex.

This can lead to relationship problems due to reduced intimacy and pleasure for both the man and woman, and can often result in conflict or even separation in extreme cases.

[Click Here To Learn More About The #1 Vaginal Tightening Gel That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

The Ultimate Guide To Vaginal Tightening

Causes of a Loose Vagina #1 – Pregnancy and childbirth

There is no doubt that childbirth is one of the most important events in every woman's life.

However, there is considerable impact on the vagina in the form of physical pain and stress for every woman opting for a natural birth during labor.

At the time of pregnancy and childbirth, the vagina expands fully to accommodate the baby and assist in delivery.

The pelvic muscles are strained at the time of childbirth during a natural labor... and the more children you give birth to, the higher your chances are of having a loose vagina after childbirth.

The vaginal walls tend to be elastic in nature, but after childbirth they may not revert back to their original firmness and tightness.

However, it's wrong to assume that every woman will end up with a loose vagina after childbirth, as sometimes the vaginal walls heal perfectly and regain their former shape.

But with childbirth, the likelihood of stretching the vaginal walls increases, especially when giving birth to multiple children over a smaller window of time.



Causes of a Loose Vagina #2 – Aging

Aging is a natural process and it's perfectly normal for a middle-aged woman to experience a looser vagina.

The muscles which are responsible for keeping your vagina tight tend to become less efficient as your body starts aging.

Hormones also play a major role in the tightness of your vagina as the estrogen production tends to decrease significantly as you age. With less estrogen, the elasticity of the vagina tends to decline.



Menopause can also have a significant influence on your body which can lead to this hormone imbalance.

[Click Here To Learn More About The #1 Vaginal Tightening Gel That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

The Ultimate Guide To Vaginal Tightening

Hence, it's important to ensure that you are aware of your hormone levels and keep them balanced with a healthy diet, adequate sleep and exercise as you age to avoid a loose vagina.

Causes of a Loose Vagina #3 – Surgeries and Medical Conditions

Another common cause of a vaginal looseness can be pelvic surgeries or hysterectomies that may cause the vaginal muscles to become weak.

Also taking certain drugs for a long period of time can impact your hormonal levels. This can cause the vaginal walls to lose their strength and might lead to you experiencing vaginal looseness.

Sometimes, high levels of stress and intense physical activity may lead to wear and tear causing damage to the vaginal walls.

Causes of a Loose Vagina #4 – Hormonal Imbalance

One of the most little-known causes of vaginal looseness are hormonal imbalances in the body. When a woman's sexual hormones become imbalanced, it often leads to reduced elasticity, tightness and overall health of the vagina.

The causes of these hormonal imbalances that result in vaginal looseness can vary, however the most common causes are **stress, low sleep and lack of a exercise and essential nutrients and vitamins (malnourishment)**.

It stands to reason that the healthier your body is, the tighter and more responsive your vagina will become!

So if you've been neglecting your health of late, this may very well be one of the contributing factors towards having a loose vagina!

How To Tighten A Loose Vagina:

Physical activities such as yoga and pilates are natural methods that have been known to assist in improving the strength of your pelvic floor muscles and tightening the vaginal walls.



The Ultimate Guide To Vaginal Tightening

There are many ways to tighten a loose vagina, my recommended solutions being various natural vaginal tightening methods outlined in this guide, as well a [100% natural vaginal tightening gel](#).

Let's look a closer look at some more of the different options for vaginal tightening:

4 Ways To Make Your Vag Tighter

#1 – Kegels



Kegel exercises consist of contracting and relaxing your pelvic muscles which are proven to help in the tightening of your vagina.

They help in the strengthening of your pelvic floor muscles and can be practiced anywhere, in public or in privacy, without drawing anyone's attention.

Kegels are one of the most popular techniques preferred by most women for vagina tightening – and are highly recommended by doctors for women who experience a

loose vagina after childbirth and during menopause.

If you have loose vagina, this is a quick and easy method to follow that can give you good results in the long term.

To learn more about Kegels and how to do them, see chapter 3 in this guide.

#2 – Pelvic Floor Toners And Stimulators



Pelvic floor toners are biofeedback devices used for providing instructions to the user and feedback for improving their exercises.

Using a vaginal probe, you can gauge your performance and find out if you are contracting and relaxing your pelvic muscles in the right manner.

Pelvic floor stimulators also use a small probe with low frequencies and electrical stimulation.

[Click Here To Learn More About The #1 Vaginal Tightening Gel That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

The Ultimate Guide To Vaginal Tightening

This ensures that the vaginal muscles contract and relax properly. As the electric stimulus reaches the deeper floor muscles, the vagina contracts and starts to return to its original form – **resulting in a tighter vagina.**

==> [Click here to learn more about the #1 recommended Pelvic floor toner on the market today.](#)

#3 – Restore Hormonal Balance With Green Smoothies!

Green smoothies are an effective and simple way to do this, especially if you use a [pre-made green powder](#) so all you have to do is mix with water and drink.

To correct hormonal imbalances in the body, it is essential that you provide your body with all of the nutrients, vitamins and minerals it requires for daily health.

The absolute best green powder on the market today that will quickly and easily give you all the nutrients, vitamins and minerals your body requires for perfect balance is [Organifi](#) (it also tastes great, unlike most green powders on the market).



[If you want a quick and easy way to restore balance to your body's hormones, click here to learn more about Organifi!](#)

#4 – Vaginal Tightening Cream



The best ones are made using 100% natural herbs and extracts – and have been proven to produce rapid results for women looking to tighten a loose vagina.

There are many safe and natural vaginal tightening products that are available on the market today.

Some are even known to reduce vaginal dryness and remove problems related to vaginal odors.

[Click Here To Learn More About The #1 Vaginal Tightening Gel That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

The Ultimate Guide To Vaginal Tightening

The most effective vaginal tightening product available today, that has already helped thousands of women all over the world to tighten their vagina naturally is called [V-Tight Gel...](#)

V-Tight Gel is a 100% natural and painless vaginal tightening solution that produces dramatic results in a matter of DAYS!

==> [Click here to learn more about V Tight Gel](#)

Final Thoughts On Dealing With A Loose Vagina

There is no reason to feel insecure or embarrassed if you're currently experiencing vaginal looseness, as there are many solutions to deal with this problem easily and comfortably, and millions of women all over the world have dealt with the same thing!

The key is to accept the issue and start taking action from a place of self-love, and focus on [restoring the elasticity of the vaginal walls naturally](#) so that you can enjoy the pleasure of a healthy sex life without doubts or insecurities.

[Click Here To Learn More About The #1 Vaginal Tightening Gel
That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

Chapter 2: 5 Little-Known Vagina Tightening Home Remedies

Noticing that your vagina is getting looser is a common concern for millions of middle-aged women all over the world.

While having a loose vagina can affect the confidence of a lot of women, it can also lead to issues in relationships due to lower quality sex and intimacy...

Many women feel inadequate and insecure about the looseness of their vagina when having sex...

... and not only this, according to many health experts **women who have a loose vagina experience less intense orgasms with less frequency than women with a tighter vagina.**

There is no wonder why millions of women all over the world turn to the internet every single day with the question – “*how can I make my vagina tighter?*”.

The good news is that there are many vaginal tightening home remedies that are **proven to tighten your vaginal walls 100% naturally...** so that you can feel as tight as you did when you were a teenager again, while also dramatically increasing the pleasure you (and your partner) feel during sex!

Here Are The Top 5 Vagina Tightening Home Remedies That You Need To Know:

Vagina Tightening Home Remedy #1 – Aloe Vera

Aloe Vera is a natural plant that grows in areas that have tropical climates, such as central Africa and America.

Its leaves are thick and fleshy, due to the fact that they are rich in gel.

This gel is is rich in Vitamins A, C, folic acid, minerals and choline... and these nutrients and minerals are **crucial**



[Click Here To Learn More About The #1 Vaginal Tightening Gel That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

The Ultimate Guide To Vaginal Tightening

Over the years, Aloe Vera has featured in consumer products from beverages, cosmetics and ointments used to treat sunburn and minor burns...

...however very few people are aware of just how effective this super-plant is for vaginal tightening.

How To Use Aloe Vera To Tighten Your Vagina Naturally

Cut a single leaf from the plant, splitting it open to extract the gel found inside the leaf – put the gel into a small bowl.

Douse a clean finger into the gel and apply it in and around your vagina.

In order to tighten your vagina rapidly, apply 5 to 6 times a day (once every few hours).

Vagina Tightening Home Remedy #2 - Gooseberries

Gooseberries are native to Europe, Northwestern Africa and Southeast Asia.

They can be eaten by themselves, but are commonly used as ingredients in desserts such as pies and crumbles.

The fruits vary in color from yellow, green, red or black and are rich in flavones and anthocyanins; compounds known to have health benefits against cancer, inflammation, neurological diseases and aging.



The fruits are also rich in polyphenolics and a wide array of vitamins and minerals too.

This includes protein, superoxide dismutase, omega 3 fatty acids, Vitamin A, folates, pantothenic acid, Vitamin B6 and Vitamin B1.

This is important because all of these compounds are beneficial to the body in many ways, including vaginal tightening!

[Click Here To Learn More About The #1 Vaginal Tightening Gel That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

The Ultimate Guide To Vaginal Tightening

How To Tighten Your Vagina Fast With Gooseberries:

Boil the fruits and crush up into a liquid/juice. Then apply this juice to both the outside and inside of your vagina.

Repeat this 2-3 times a day to tighten your vaginal walls rapidly.

You can expect to see dramatic increases in the suppleness and elasticity of your vaginal walls within a few weeks by consuming gooseberries daily.

Vagina Tightening Home Remedy #3 – Pueraria Mirifica and Oak Gall

Pueraria Mirifica and Oak Gall are herbs have been proven to help restore elasticity, strength and suppleness to the vagina and vaginal muscles.

These herbs are rich in a compound known as astringent, and have been proven to naturally increase the elasticity around the pelvic muscles – ultimately making your vagina tighter.

Pueraria Mirifica is commonly grown in the Northern parts of Thailand and Myanmar. The extract has anti-aging properties which works to reverse the aging process happening to your vagina and restore the same suppleness you experienced during your youth.

When these herbs are applied around the vulva opening, it will help the tissues to rapidly regain their elasticity.

This is because of the phytoestrogen-like effect, which essentially allows your body to tighten and firm up when applied.

These herbs are a very powerful home remedy to tighten your vagina , use them morning and night to tighten your vagina fast!

[Click Here To Learn More About The #1 Vaginal Tightening Gel That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

The Ultimate Guide To Vaginal Tightening

Vagina Tightening Home Remedy #4 – Yoga

The purpose of yoga is liberation. It is a meditative discipline, which means that allows the performer to discover higher levels of perception and cognition while also being a very powerful form of exercise.

When it comes to vaginal tightening, there are two poses which are known to directly target the vaginal and pelvic floor muscles.

There are poses are:

1. The Pavana Muktasana Pose.

Also known as the “wind removing” pose, this pose massages the organs in the abdomen while also easing tension around the belly and lower back areas.

2. The Setu Bandhasana Pose.

This pose works to open up your chest, keep your spine flexible and is also very beneficial to your pelvic muscles.

Doing yoga everyday is a great way to keep your vagina tight and prevent vaginal looseness from becoming a serious problem.

If you would like to learn more about starting yoga from the comfort of your own home, [click here to claim a FREE Yoga Kick-Start Kit valued at \\$197 \(just pay shipping!\)](#) from world renowned yoga instructor Zoe Bray Cotton.



~~\$197~~ – FREE: THE ULTIMATE FOLLOW-ALONG-
FROM-HOME YOGA KICK START KIT



[Click Here To Claim Yours FREE!](#)

(just pay for shipping!)

The Ultimate Guide To Vaginal Tightening

Vagina Tightening Home Remedy #5 – Kegel Exercises

Many women often ask me:

“Do kegel exercises make you tighter?”

And the answer is YES!

Kegel exercises are one of the most popular techniques to help tighten the pelvic muscles naturally, as they specifically target the pelvic floor muscles.

These muscles support the uterus, small intestine, bladder and rectum.

The best thing about Kegel exercises is that they can be performed almost anywhere and yes, they are extremely effective for tightening the vaginal walls.

To learn more about how to do kegel exercises to make you tighter, see the next chapter in this guide.

Does Vinegar Make Your Vag Tighter?

Another common home remedy for a tighter vag that many women ask about is the use of vinegar...

While some women claim that vinegar has helped them to tighten their vagina, it has not been proven and is far from the best of all of the vagina tightening home remedies.

So does vinegar tighten your vagina?

Perhaps, but my advice is to try the 5 vagina tightening home remedies discussed here first before you try using vinegar to make your vagina tighter.



[Click Here To Learn More About The #1 Vaginal Tightening Gel That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

Would You Like To Learn How To Make Your Vagina Tighter Overnight?

These 5 vagina tightening home remedies will take you a long way to making your vagina tighter...

However while these vagina tightening home remedies are extremely effective for making your vagina tighter, they will most likely take at least a few weeks to begin to see results.

If you're like most women, **you want a 100% natural solution that will tighten your vagina instantly...**

If this is you and you want a faster-working vagina tightening solution that is still 100% natural, then check out [V-Tight Gel](#)...

V-Tight Gel is the most effective and fast working vaginal tightening product available today... all while being 100% natural!

If you don't mind investing a little bit of money to **make your vagina tighter in a matter of *days***, all while being **100% natural**, then click the link below to learn more about V Tight Gel!

==> [Click here to learn more about V Tight Gel.](#)

[Click Here To Learn More About The #1 Vaginal Tightening Gel
That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

Chapter 3: Do Kegel Exercises Make You Tighter? Discover How To Tighten Your Vagina Rapidly With Kegels!

Do you often worry about the looseness of your vagina?

Do you wish there was a way to **easily tighten your vaginal walls** so that you regained the tightness you had when you were a teenager?

Well thankfully there are a number of methods to quickly and effectively make your vagina tighter, one of the most effective being kegel exercises...



This is a very common question that women often ask when trying find out how to tighten their vagina.

And the answer I always tell them:

Yes! Absolutely!

Kegel exercises are great for tightening your vaginal walls as they train and strengthen the pelvic floor muscles, as well as the insides of your vagina.

What I love about Kegels is that you can do them anywhere, anytime (you can do them sitting or standing) and nobody knows what you're doing – just as long as you don't pull any strange faces ;).

[Click Here To Learn More About The #1 Vaginal Tightening Gel
That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

How to do kegel exercises to make your vagina tighter:



1. Find your pelvic muscles

To identify the muscles in your pelvic floor, pretend as if you're stopping urination midstream. If you can do this, you're using your pelvic muscles!

2. Lie down on the floor on your back

While you can do kegels throughout your day whenever you get a moment sitting down or even standing in one place, the best way to do kegels to make your vagina tighter is by lying on the floor on your back.

3. Contract the pelvic floor muscles

A standard kegel exercise consists of contracting your pelvic floor muscles (as if you're trying to stop urination) for five seconds, then relaxing them for five seconds.

Then simply repeat and that's it!

Do this sequence three to five times in a row for a "set", then repeat this pattern 2-3 times a day for the best results for making your vagina tighter.

After you get used to five second contractions, try working your way up to 10 seconds of contractions and rest to further accelerate your results.

4. Isolate only the pelvic floor muscles and breathe!

Doing kegels for vaginal tightening are best achieved when you focus *solely* on the pelvic floor muscles. Try not to flex the surrounding muscles such as in your buttocks, abdomen or thighs. Also, make sure to breathe freely during kegels and avoid holding your breathe.

5. Repeat daily

Repeat this kegel exercise routine 2-3 times a day for the best results with tightening your vagina. Increase the duration of contractions and amount of contractions as you feel is necessary.

You don't want to push yourself too far, but just beyond what is "comfortable" to effectively make progress towards tightening your vaginal walls.

[Click Here To Learn More About The #1 Vaginal Tightening Gel That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

How To Make Your Vag Tighter Instantly (The Easiest Way):

While kegel exercise are an extremely effective way to tighten your vaginal walls and make your vagina tighter...

...some women want a faster way to tighten their vagina, so that they can see results in a matter of days!

If this is you, then I highly recommend you take a look at [V-Tight Gel](#).

V Tight Gel is the most effective vaginal tightening gel on the market today (PLUS it's 100% natural!).

It has helped thousands of women to **quickly and effortlessly tighten their vaginas and restore a new found sense of confidence and pleasure “down there”.**

==> [Click here to learn more about V Tight Gel and the extraordinary results it can produce for tightening your vagina.](#)



[Click Here To Learn More About The #1 Vaginal Tightening Gel That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

Chapter 4: How To Tighten Your Vagina Naturally! 3 All Natural Ways To Make Your Vagina Tighter

1 – Leg Raises

Out of all the exercises to make your vag tighter, Leg raises are my personal favorite... as they not only work on the pelvic floor muscles, but they also help to strengthen your lower abdominals and tone your belly at the same time!

How To Do Leg Raises To Tighten Your Vagina:

1. Lie on the floor on your back

You'll probably want to use a mat to lay on, and if you experience pain in your lower back – try rolling up a towel and placing it in the small of your back for extra support!

2. Raise your legs to the sky, keeping your entire upper body in place.

You want to directly target your pelvis/abdomen by keeping your entire torso flat against the mat from your head all the way down to your butt.



And then lift your legs up to a 90 degree from your torso. The straighter your legs the more difficult it will be, so if you're having trouble keeping your legs straight, to begin with it's okay to keep your knees bent and then gradually straighten your legs as you feel comfortable.

3. Pause at the top then lower SLOWLY

Once you get to the top, hold for 3 counts before lowering your legs down SLOWLY for another 3 counts.

4. Repeat for 3 sets of 8-10 reps.

To experience maximum benefit, do 8-10 leg raises in one set, and do 3 sets for each "workout". Try doing leg raises at least 3 times a week to see the best results for vaginal tightening.

[Click Here To Learn More About The #1 Vaginal Tightening Gel
That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

The Ultimate Guide To Vaginal Tightening

2 – Squats

Essentially all types of squats help to tighten your vagina and strengthen the vaginal walls.

You can either do body weight squats, or use a barbell on your shoulders or hold dumbbells in your hands to add extra weight when squatting...

How To Perform a Squat:

1. Stand with your feet shoulder width apart

A great way to get the right width is to jump up on the spot, and wherever your feet naturally land is the right distance your feet should be apart (just straighten them up a bit).

2. Squat down bending from the hips

As you squat down, pretend that you're trying to sit on a chair in the dark. Really push your butt back while also keeping your back straight.

3. Reach 90 Degrees then come back up

As your knees reach 90 degrees, come back up pushing through your heels (not your toes) while making sure to keep your chest full and facing forward the entire time.

4. Get help if needed

If you've never done squats before, it's a very good idea to hire a trainer to show you how to do them correctly to avoid injury (especially if you're using extra weight while squatting!).



[Click Here To Learn More About The #1 Vaginal Tightening Gel That Will Tighten Your Vaginal Walls In A Matter of Days!](#)

The Ultimate Guide To Vaginal Tightening

3 – Yoga



What can I say... **I LOVE YOGA!**

Yoga is not only great for overall health, peace of mind and overall fitness and weight control...

...it's also a great way to make your vag tighter as **a lot of yoga poses directly target the pelvic floor muscles** – such as the bridge and the child pose, among many others!

While it's very common to find yoga classes at your local gym or at a yoga studio, many women prefer to do yoga in the privacy of my own home (especially when starting out).

If you want to learn more about learning yoga from home, you can [click here to claim a FREE Yoga Kick Start Kit Worth \\$197 \(just pay shipping!\)](#) from world renowned yoga teacher, Zoe Bray Cotton.

THE ULTIMATE FOLLOW-ALONG-FROM-HOME YOGA KICK START KIT



FREE
~~\$197~~

==> [Click here to get your free Yoga Kick-Start Kit valued at \\$197! \(just pay shipping!\)](#) <==

How To Tighten Your Vag Overnight – 100% Naturally!

While I strongly recommend you try incorporating the above exercises to tighten your vagina into your daily routine...

... if you're like most women, you want a **faster-working solution to tighten your vagina where you can see results in a matter of DAYS!**

If that's you, then I highly recommend you try out the new vagina tightening gel – **V-Tight Gel**.

[You Can Click Here To Learn More About V-Tight Gel](#)

With V-Tight Gel, you can **rapidly tighten your vaginal walls in a matter of days** just by applying the 100% natural gel to the inside of your vagina 1-2 times a day.

And best of all, as a special thanks for being a visitor to vagtighter.com you can get free shipping for a limited time if you click the special link on this page!

==> [Click here to learn about V-Tight Gel – the most effective way to naturally tighten your vagina in a matter of days.](#)

**[Click Here To Learn More About The #1 Vaginal Tightening Gel
That Will Tighten Your Vaginal Walls In A Matter of Days!](#)**

The Ultimate Guide To Vaginal Tightening

That brings us to the end of this guide, I hope that you've learned a lot about the causes of vaginal looseness, and more importantly that you TAKE ACTION on what you've learned so that you eliminate vaginal looseness once and for all!

I wish you good luck! :)

Be Healthy, Be Happy!

Betty Anderson



[Click Here To Learn More About The #1 Vaginal Tightening Gel
That Will Tighten Your Vaginal Walls In A Matter of Days!](#)