



The older you get, THE BETTER THE SEX

How your age affects your sex drive

By Tumelo Muteme

THE older you get the more exciting your sex life tends to be. Women tend to experience more sexual pleasure as they age, although there are some women who don't enjoy the same benefits.

GREATER PLEASURE

According to Tshidi Tsimile, who is a conscious sexuality coach and owner of Beautiful Vibes Conscious Sexuality Education and Coaching Centre which offers counselling services to couples, under normal circumstances, a woman's sex drive and pleasure should heighten as she grows older.

"As women grow older, so does their clitoris. By the time a woman reaches menopause, her clit will have grown seven times from the time she was born. Hence, the greater sexual pleasure," she says.

POOR SEX DRIVE

Tsimile adds that there is a direct link between a woman's libido and her hormones.

"As women grow older, their sex drive can either increase or decrease depending on the chemical balance in their bodies or the life circumstance," says Tsimile.

There are a number of factors that contribute to women having a poor sex drive as they get older.

"Apart from fluctuation of hormones, a woman's sex drive can be affected by certain female roles like being a mother or wife," she says.

She adds that South African society has programmed women to think that being either a mother or wife means that your sexual needs should be limited as well as



how you express your sexuality. "Your spirituality, the type of contraceptives you use, giving birth and breast feeding can also affect your libido," Tsimile explains.

WAYS TO IMPROVE

There is no need to feel hopeless when you can no longer perform like you used to, there are two easy ways to increase your sex drive.

"I always advise women to strengthen their pelvic floor muscle. A tight vaginal muscle heightens your sexual pleasure," says Tsimile.

She advises women to do Kegel exercises, they do not only help with a loose private part, they also have health benefits too.

Tsimile says that massaging the clit and vaginal area can help better your sex life. It encourages

blood flow to the area, this keeps it healthy and increases the level of sensitivity in the vagina making your sexual stimulation response better.

WHERE TO GET HELP TO UP YOUR GAME

Suffering from a low sex drive or not being able to perform in the bedroom can be very daunting.

Tsimile says that if you are faced with this problem you should speak to your doctor about hormone balancing medication.

"You can even speak to your pharmacist as there are over the counter vitamins and hormone supplements available," she says.

Tsimile adds that if at any point you feel that your sexual problems may be linked to something psychological, you must seek the help of a sex coach or sex therapist. ✿

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