

Dr. Tiffany Stanley's Curated Recommendations

A thoughtfully selected collection of products designed to support comfort, pleasure, and sexual wellness.

Lubrication Products

High-quality lubricants can enhance comfort, reduce friction, and support a more pleasurable experience.

- Intimate Earth
<https://www.intimate-earth.com>
- Überlube
<https://uberlube.com>
- Pjur Med
<https://www.pjur.us>
- Good Clean Love
<https://goodcleanlove.com>
- Dame
<https://dame.com>
- Promescent
<https://www.promescent.com>
- Migliori
<https://migliori.com>
- Sensuva
<https://sensuva.com>
- Sliquid
<https://sliquid.com>
- Wicked Simply
<https://wickedsexualcare.com>
- Bijoux Indiscrets
<https://www.bijouxindiscrets.com>

Toy Brands

These brands are known for thoughtful design, body-safe materials, and innovation.

- Le Wand (Petite line)
<https://lewandmassager.com>
- Je Joue
<https://www.jejoue.com>

- Womanizer
<https://www.womanizer.com>
- We-Vibe
<https://www.we-vibe.com>
- LELO
<https://www.lelo.com>
- B Swish
<https://www.bswish.com>

Kegel & Pelvic Health Support

Weighted Kegel Balls

- LELO Luna Beads
- Je Joue Ami Kegel Balls

Kegel Bars

- Natural Contours Energie

Vibrating Kegel Devices

- G Balls 2 Kegel Balls
- Lovelife Krush Kegel Exerciser

App-Controlled Pelvic Trainers

- Elvie (non-vibrating)
<https://www.elvie.com>
- kGoal (vibrating feedback)
<https://kgoal.com>

Additional Recommendations

- Dame Pillo
<https://dame.com/products/pillo>

Shopping Resource

- MedAmour
<https://medamour.com>

Disclaimer

This resource is provided for educational and informational purposes only. The products and brands listed are recommendations based on professional experience and general quality standards; however, individual needs, preferences, and sensitivities vary.

These recommendations are not a substitute for medical advice, diagnosis, or treatment. Please consult with a qualified healthcare provider if you have specific medical concerns, pelvic health conditions, or questions about product use.

Dr. Tiffany Stanley does not receive compensation for these recommendations unless explicitly stated. The inclusion of any product or brand does not constitute a guarantee of results or outcomes.