

SEX



Crystals Get Kinky

NEW GEMSTONE SEX PRODUCTS PROMISE TO DELIVER GOOD VIBES ALONGSIDE GREAT ORGASMS. CAN YOU *REALLY* TAP IN TO THEIR ENERGY TO ENHANCE YOUR ECSTASY?

BY JULIE VADNAL

Used to be, a glimmering geode was a cute way to decorate your bookshelves.

But crystals have now become the trendy way to enlighten your mind...and your lady parts. Women are putting jade yoni eggs inside their vaginas to strengthen their pelvic powers and attract positive energy. They're using quartz dildos to open their heart chakras to love and their G-spots to more Os.

The ancient Chinese swore by such practices some 2,000 years ago. But today's science still hasn't found hard proof behind the far-out claims. So while it's fun to imagine that a phallic rock can overhaul your mojo, "if you think a crystal is going to change your life, you're going to be pretty disappointed," says Heather Askinosie, cofounder of the crystal jewelry retailer Energy Muse. "Think of them as tools for your well-being, just like yoga or getting more sleep."

And choose your sexy gem wisely. Most products are polished smooth,

but each crystal has a different level of porosity (jade has a supertight molecular structure and is nonporous, while agate is quite porous). The higher the porosity, the more surface area there is for bacteria to grow. That bacteria may lead to totally un-Zen bacterial vaginosis, says Jeanna Piper, MD, an ob-gyn at the National Institutes of Health. To stay safe, choose low-porosity stones for internal use (even safer, says Dr. Piper: If it's going inside you, use it with a condom), and clean them with warm water and soap. You can follow up with a drop of lavender oil, which is antiseptic and antifungal, says Vanessa Cuccia, of the crystal sex toy company Chakrubs.

These picks look so pretty, you'll want to leave them out...whether or not you put them in. Read on for their purported powers and suggested uses.

Lavender Jadeite Yoni Egg

\$60 for small, gemstoneyoniegs.com

THE CLAIM Jadeite (a type of jade) brings you humor and happiness.

THE HOW-TO Insert into your vagina; clench to hold in for up to 30 minutes a day.

Red Jasper "Bad Obsession" Massage Wand

\$90, gemstoneyoniegs.com

THE CLAIM Red jasper boosts sexual endurance and increases orgasmic energy.

THE HOW-TO Make windshield-wiper strokes over your clitoris.

Obsidian Rings

\$69 for 2, chakrubs.com

THE CLAIM The volcanic glass taps into your dark side and deflects bad vibes.

THE HOW-TO Leave a ring at the bottom of your guy's shaft to keep him stiff.

Aventurine "Please Me" G-Spot Wand

\$37, gemstoneyoniegs.com

THE CLAIM The stone improves your likelihood of success in all areas of life.

THE HOW-TO Move it in and out of you—the curved end will hit your G-spot.

Rose Quartz Heart

\$20, energymuse.com

THE CLAIM Rose quartz attracts romantic attention.

THE HOW-TO Give two of these—one for you, one for your future BF—an intention ("Chris Pine, plz!"), then put them under your mattress.