

6 Ways to Rejuvenate Intimacy in Your Relationship



Intimacy is a critical component of any marriage. However, the stresses of family, careers, and finances can take a major toll on our personal relationships. If your relationship is going stale, find fresh ways to revive it.

While no two couples are the same, there are many effective ways to reignite that spark between you and your partner. Follow these simple tips to rejuvenate intimacy in your relationship.

1. Spend Time Together

Not having enough time for each other may result in lack of intimacy. Living in the same house does not equate to time spent together. Make time for each other and spend quality time together by doing things you both enjoy, whether it's watching a movie, eating your favorite pizza or enjoying a night of bowling.

2. Learn To Listen

Some people do not know how to effectively communicate with their loved ones. You may not understand how your partner feels or even misinterpret their words, resulting in arguments and resentment.

To avoid miscommunication, start opening up the communication line. Learn to listen first with an open ear to what your loved one is saying. Acknowledge that their feelings and experiences are valid by understanding where they are coming from without judging them. This way, you are showing your loved one that his or her feelings matters.

3. Show Gratitude

When you are too comfortable with each other, sometimes you forget to show your appreciation. Show gratitude by saying “thank you” even in simple things such as preparing the meal or doing the laundry.

Another way to show your appreciation is by surprising your spouse with gifts, flowers or their favorite sweets even when there’s no occasion. Not only will it make you look romantic, but also your spouse will feel cared for which can result in a passionate connection.

4. Let Go Of Grudges

Harboring ill feelings about your partner not only affects every part of your marriage but can also cause unnecessary stress in your life. While it’s normal to get angry or sad, it’s important to talk it out together. Learn to forgive each other and let go of any grudges you may have. Remaining resentful towards your partner will only prolong your intimacy issues and can result in more hurtful problems.

5. Eat Meals Together

Food is an excellent way to bring couples together. Find a babysitter for the kids and go out to dinner and enjoy a delicious meal while engaging in conversation.

If you prefer to eat at home, consider making a nice dinner for your partner and eat at the table with candles lit. Be sure to add natural aphrodisiacs to the menu, such as oysters, avocados, pomegranate, and of course chocolate.

6. Take Care Of Yourself

In some instances, problems are not caused by marital issues but rather confidence issues. For many women, pregnancy, aging, and other factors can affect her intimate health, resulting in problems like [vaginal laxity](#).

Women who experience this loss of tightness may also notice a decreased feeling of sensation and sexual satisfaction during intercourse. This feeling of “looseness” may affect a woman’s confidence, relationship, and self-love.

At the Cutis **Laser Clinics in Singapore**, we offer non-invasive **vaginal tightening** known as Ultra Femme 360. The [Ultra Femme 360](#) uses FDA-cleared radiofrequency and ultrasound energies to treat **vaginal laxity** in just 8 minutes without anesthesia or downtime. Ultra Femme is also clinically-proven for vaginal tightening, labia remodeling and improvement of urinary incontinence. In conclusion, reviving and maintaining intimacy in a relationship is hard work. It’s a continuous process of working together and encouraging one another to resolve any conflict, to cherish each other and to strengthen your connection.

However, for women who are in need of a treatment intervention to take care of their intimate health with Ultra Femme 360 **vaginal rejuvenation**, schedule a consultation with our Harvard-trained skin specialist and **aesthetic doctor**, Dr. Sylvia Ramirez at Cutis Laser Clinics in Singapore.