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EMSELLA® and V-Shot® for Vaginal Health: A Non-Surgical Approach to Pelvic Floor Strength and Intimate Wellness

Vaginal health is an essential part of a woman's overall wellness; yet it is often overlooked.

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Vaginal health is an essential part of a woman's overall wellness; yet it is often overlooked. Chronic pelvic conditions and symptoms often are 'quietly endured' rather than openly addressed.

An average of 37% of women under the age of 30 experience urinary incontinence while over 61% of women over the age of 50 suffer with some type of pelvic disorder, such as bladder leakage including stress urinary incontinence, decreased sensation and changes after childbirth or menopause, pelvic prolapse, and other pelvic conditions. Not many effective therapeutic options exist for female pelvic conditions. Hence, these conditions often leave women feeling resigned to their condition while they quietly suffer. For many women, these conditions lead to intimate concerns that affect confidence, comfort, sexual function, relationships and quality of life.

Advances in non-surgical wellness therapies supporting vaginal and pelvic health are making it easier than ever to address these pelvic and genitourinary conditions to help women feel strong, supported, and confident again. Two of the most talked-about options today are EMSELLA® and the V-Shot®. When used together, a unique therapeutic combo option offered at Holistique, these two powerful therapies can offer a comprehensive approach to vaginal and pelvic wellness.

Understanding EMSELLA®

EMSELLA® is a non-invasive therapy designed to strengthen the pelvic floor muscles. Using high-intensity focused electromagnetic (HIFEM) technology, EMSELLA® stimulates deep pelvic floor contractions far beyond what can be achieved with traditional Kegel exercises. One 30 minute session

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causes 20,000 contractions of the pelvic musculature, activating muscle strength and toning. Using this system 2x per week for 3 weeks has been shown to improve pelvic musculature strength, vaginal quality and moisture to address stress urinary incontinence and sexual dysfunction.

Potential benefits of EMSELLA® include:

- Improved bladder control
- Stronger pelvic floor muscles
- Enhanced core stability
- Increased confidence in daily activities

Each session is about 30 minutes, fully clothed, and requires no downtime, making it a convenient option for busy lifestyles.

What Is the V-Shot®?

The V-Shot® is a regenerative therapy using platelet-rich plasma (PRP) derived from your own blood. PRP contains at least 7 growth factors that may activate cellular regeneration to support tissue health and natural rejuvenation. Initial recent studies support its benefits in stress-induced urinary incontinence, pelvic prolapse, genitourinary syndrome of menopause, lichen sclerosis and vaginal fistulas.

Women often seek the V-Shot® to support:

- Vaginal tissue health, support and tightness
- Sensitivity and sexual wellness
- Natural lubrication
- Overall intimate comfort

Because PRP comes from your own body, the V-shot is considered natural and is typically well-tolerated.

Why Combine EMSELLA® and the V-Shot®?

While each therapy offers benefits on its own, at Holistique we believe combining **EMSELLA®** and **V-Shot®** addresses vaginal health from two complementary angles, optimizing results. **EMSELLA®** focuses on *muscle strength* and *pelvic structural support* while the **V-Shot®** focuses on *tissue quality and regenerative support.*

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Together, they create a more effective holistic approach supporting both the *structure* and the *function* of the intimate area. As a result, reduction in symptoms and pelvic conditions may be achieved quicker and the results may possibly last longer.

Who May Benefit from This Combination?

This therapeutic pairing is often considered by women who:

- Have experienced childbirth or pelvic floor changes
- Are navigating menopause-related changes, including lichen sclerosis and prolapse
- Notice mild bladder leakage or experience stress urinary incontinence
- Want to proactively support intimate wellness
- Prefer non-surgical, low-downtime options

A personalized consultation with a qualified medical provider is essential to determine whether these therapies are appropriate for your individual needs.

A Modern, Empowering Approach to Intimate Wellness

Vaginal health isn't about vanity but rather about health, confidence and quality of life. Combining EMSELLA® and V-Shot® offers a modern, empowering option for women who experience chronic pelvic conditions. These innovative, non-invasive therapies have been clinically shown to be effective, though more studies are needed.

If you have been suffering with chronic pelvic symptoms and are curious about improving pelvic strength, intimate comfort, or overall vaginal wellness, this combination may be worth exploring with your Holistique provider.

Disclaimer: Results vary by individual and are not guaranteed. EMSELLA® and the V-Shot® are medical procedures that should be discussed with a qualified healthcare professional. This blog is for educational purposes only and is not a substitute for medical advice. EMSELLA is FDA-cleared for stress urinary incontinence while V-shot is not FDA-approved.

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Medical disclaimer: This article is for educational purposes only and reflects the clinical perspective of Holistique Medical Center. It is not a substitute for individualized medical advice, diagnosis, or treatment. Consult a qualified healthcare provider before starting any new therapy or making changes to your health regimen.

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