



OPTIMAL SELF^{MD}

THE EROS
PROTOCOL



the eros protocol

COMPREHENSIVE REJUVENATION FOR
PASSION, PERFORMANCE, AND PLEASURE

Awaken your sensual vitality.

At OptimalSelf MD, we believe sexual wellness is essential to whole-person health. **The Eros Protocol** is our signature program designed to restore intimacy, reignite desire, and optimize pleasure — with personalized, cutting-edge care for men and women.

Combining regenerative medicine, hormone therapy, and advanced technologies, this comprehensive protocol helps you reconnect with your body, your partner, and your confidence.

WHO IT'S FOR

- High-performing individuals seeking peak intimacy and vitality
- Women navigating postpartum changes, perimenopause, or sexual dissatisfaction
- Men facing changes in stamina, confidence, or performance
- Couples ready to reconnect on a deeper level

YOUR EXPERIENCE

- Discreet, concierge-style care in an upscale, elegant setting
- Tailored protocols designed for measurable transformation
- Compassionate guidance from a trusted medical team

What's Included

1

HORMONE REBALANCING

Bioidentical hormone therapy to support energy, mood, and libido — customized for your body's natural rhythm

2

PRECISION PEPTIDE THERAPY

Peptides that enhance arousal, blood flow, and neurological responsiveness, selected to amplify your results and restore youthful function

3

REGENERATIVE MEDICINE

Ethically sourced growth factors administered by injection to rejuvenate tissue and restore responsiveness — no PRP required

4

TARGETED SHOCKWAVE THERAPY

- **StaminaWave™** for Men
Enhancing firmness, sensation, and blood flow
- **Triple-Oh!™** for Women
Awakening responsiveness and pelvic vitality

5

EXPERT-GUIDED NUTRACEUTICAL SUPPORT

Curated supplements to complement your treatment and enhance hormonal and circulatory health

ARE YOU READY TO REDISCOVER PLEASURE?

Book your private consultation to
explore **The Eros Protocol** today.



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