

# Cannabis Edibles Timing Cheat Sheet for Sex & Sensuality

*How to Time and Prepare Your Edible Experience for Intimacy*



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## **Timing Tips for Edibles Before Sex**

- Edibles typically take **30 to 90 minutes** to start working, depending on your metabolism, body weight, and what you've eaten.
- **Peak effects** usually occur **2 to 3 hours** after ingestion and can last **4 to 6 hours**.
- Best practice: Take your edible **45-60 minutes** before planned intimacy. Use that waiting time to unwind, connect, or prepare your sensual space.

## **Use with Intention & Set the Mood**

- Cannabis can amplify both pleasure and discomfort. Set your environment to feel **safe, soft, and sacred**.
- Light candles, play music, tidy your space, and wear something that makes you feel beautiful.
- Check in with yourself emotionally—choose a moment when you're relaxed and open, not rushed or stressed.
- If partnered, discuss intentions and boundaries before consuming.

# Edible Dosage Guide



## Dosage Basics (Start Low & Slow)

### Low Dose

For edibles, a **low dose** is considered **1-2.5 mg THC**.

### Moderate Dose

**2.5-5 mg THC** may enhance relaxation, touch, and intimacy for some users.

### Caution Zone

Doses over 5 mg can lead to sedation, anxiety, or disconnection—especially for new or sensitive users.

Everyone's body is different. Start with the **lowest dose** and wait at least 2 hours before adjusting.

Consider strains or products labeled for "intimacy," "balance," or "relaxation."

# **Pro Tips for Elevated Pleasure**



## **Stay Hydrated**

Keep water nearby to stay hydrated.



## **Avoid Mixing**

Avoid combining edibles with alcohol for your first few sessions.



## **Track Your Experience**

Journal your experience afterward to notice what worked and how your body responded.



## **Stay Present**

Use breath, sound, and movement to stay present and deepen sensation.

# Disclaimer and Resources

*This cheat sheet is for educational purposes only and not a substitute for medical advice.*

*Prepared by the Female Orgasm Training Institute*

[www.femaleorgasmtraining.com](http://www.femaleorgasmtraining.com)

# Cannabis & Intimacy

## An Educational Resource

