

Optimize Your Release

Doc Johnson created OptiMALE™, the world’s first sexual health and wellness collection designed for men, to promote sexual pleasure and well-being as a vital part of one’s total health.

We believe that masturbation and exploration on your own or with a partner are fundamentally healthful acts, and designed these quality pleasure products in body-safe materials to support your personal wellness routine.

Masturbation and the Prostate: Fast Facts

- There’s no “normal” amount or way to do it
- It’s one of the safest sexual acts you can share with a partner
- Multiple medical and academic studies show masturbation to have an incredible number of beneficial health effects
- Boosts dopamine, oxytocin, testosterone, and endorphin levels
- Reap all these benefits by masturbating just 3-5 times a week

The Male G-Spot

The prostate, located inside the body near the base of the penis, can be stimulated via anal play for intense orgasms that sexologists compare to the power of the female g-spot. In fact, the prostate is even known as the "p-spot" or "male g-spot" in popular culture!

Doc Johnson's OptiMALE™ P-Massagers are specially contoured for the internal male anatomy to provide optimal stimulation and comfort. Each p-massager is suitable for beginners and experienced p-spot players, and includes complete instructions for use.

Sexual Health and Performance Benefits

- Manages premature ejaculation and builds stamina
- Strengthens pelvic floor muscles
- Reduces ED and encourages stronger, harder erections and multiple orgasms
- Helps to promote more pleasurable sex and greater body confidence
- Prevents prostate cancer – ejaculation flushes out cancer-causing agents that build up in prostate
- Improves sperm quality and motility

Health Benefits

We’ve come a long way from the days when self-stimulation and anal play were anything to be embarrassed about. Only your doctor can give you medical advice, but here are some of the many proven ways that masturbation including prostate massage can improve your health and well-being:

Overall Health

- Reduces nasal congestion
- Improves sleep
- Boosts immune function
- Lowers blood pressure

Fitness

- Reduces snack cravings
- Regulates cortisol production
- Reduces muscle tension and aches

Mental/Emotional Wellness

- Lowers stress levels
- Manages depression
- Reduces anxiety
- Elevates mood

OPTIMIZE
EVERY
OPPORTUNITY

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OptiMALE™

Men’s Sexual Health
and Wellness

Strokers and
P-Massagers