



Background

Naturism defined as the practice of non-sexual social nudity, has received sizeable presence on social media and in press. Women experience disproportionate societal pressures regarding body image, often leading to self-consciousness, body dissatisfaction, and reduced sexual confidence. This Review of Research articles explores naturism’s potential as a strategy for improving mental and sexual health for women by enhancing body positivity, self-confidence, and intimacy-related attitudes

Objectives

The study aims to assess the psychological and sexual health benefits of naturism among women, with specific attention to:

- Body image perception and self-acceptance
- Psychological well-being and stress regulation
- Sexual satisfaction and intimacy-related attitudes

Methods

A review of existing literature and qualitative studies was conducted, analyzing the effects of naturist practices on mental and sexual health in women.
Search Strategy: PubMed, PsycINFO, Google Scholar, SpringerLink, and MDPI
Keywords Used: Naturism, nudism, body image, sexual health, stress reduction, stigma, social nudity, women’s well-being
Time Frame: Studies published between 2000–2025
Inclusion Criteria: Peer-reviewed studies examining naturism’s psychological and sexual health effects on women.

Results

Mental Health

Body Acceptance	Improvements in body image perception, fostering greater self-acceptance and reducing body-related shame.
Stress Reduction	lower cortisol levels, enhancing relaxation and overall psychological well-being.
Community & Social Belonging	Interpersonal connections, reduce social anxiety, and reinforce positive body representation through diverse exposures

Sexual Health

Improved body image and intimacy confidence	Greater comfort with nudity, strengthening sexual self-assurance.
Reduces Shame and stigma	Exposure to diverse bodies normalizes imperfections.
Open communicati on about sexual wellbeing	Naturist settings encourage honest conversations, fostering healthier attitudes.

Discussion

Naturism presents a valuable yet underexplored approach to addressing women’s mental and sexual health challenges.

Findings suggest that naturist participation leads to increased self-confidence, stress reduction, and healthier attitudes toward intimacy.

Despite cultural sensitivities, integrating naturist principles into psychosexual therapy and body-positive healthcare may benefit individuals experiencing body-related distress.

Conclusion

- Naturism provides a research-backed, holistic approach to mental and sexual health improvement.
- Future research should focus on larger, diverse populations, investigating clinical applications in healthcare settings.
- Greater education on naturism can help normalize its practice, promoting body positivity and well-being.

References

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