



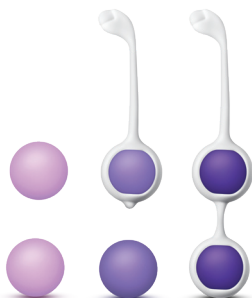
# WELLNESS

## PLEASURE & ORGASMIC STRENGTH PROGRESSIVE KEGEL TRAINING KIT GUIDE

### WHY USE THEM

Our Wellness 3-Step Progressive Kegel Training Kit is built for pleasure and to strengthen your pelvic muscles, which leads to more intense orgasms. This kit includes three differently weighted balls and two different straps for a customized training regimen.

Strong pelvic muscles means you can pull more blood, oxygen, and pleasure into your pelvic muscles and pleasure anatomy. If you plan to have children, it will be easier to carry, give birth, and heal from having a baby.



MIX AND MATCH TO CREATE THE WEIGHT THAT SUITS YOU

If from age or childbirth you experience incontinence or a lack of sensation, strengthening the muscles in your pelvic floor with the use of Kegel balls may help you gain back the feeling you have lost.

Using Kegel balls before playing alone or with a partner can enhance pleasure. Wearing them for a few minutes will stir up anticipation, pressure, and excitement.



PELVIC FLOOR

### HOW TO USE

You can wear Kegel balls outside of sex play, as a weight training system. Choose your preferred combination of ball(s) and a strap. After applying a quality water based lubricant, insert the strap into your vagina. Hold the strap in place, with the easy-retrieval tail still outside your body. Your muscles will naturally begin to grip and hold the ball(s). Wear for a few minutes, or for up to an hour. Follow the Kegal Ball training schedule and after 6-8 weeks you will be feeling great.

Through this process, listen to your body and let it guide you. If it's easy to wear one or two of the lighter balls, go up to a heavier weight. Try wearing them around your house while you do tasks that require movement, like household chores or yoga.

Wearing Kegel balls should never feel painful. If holding your Kegel balls in is difficult or the balls are slipping out of your body, switch to a lighter weight set, or use just one ball until you develop more strength.

If your muscles are very weak, using Kegel balls might be annoying, like working out any part of your body that is weak. It will get easier.

### REMOVAL

Your vaginal walls are smooth and wet, and have a "back wall" known as the cervix. Kegel balls will easily come out of your body when you are ready to release them. If you are having trouble, take a deep breath, relax your muscles, stand in a squatting position, and push a little with your muscles, and the balls will pop right out.

You should never use Kegel balls as an anal toy, as the rectum does not have that back wall, and items inserted can be impossible to release upon demand.

Disclaimer: This guide is intended only as an informative guide for those wishing to know more about sexual health and wellness. We strongly recommend you follow your doctor's advice. In no way is this guide intended to replace, countermand, or conflict with the advice given to you by your own physician. The ultimate decisions concerning your care should be made between you and your doctor.

### TRAINING SCHEDULE

<b>WEEK 1</b>	USE 4 X DURING TASKS
<b>WEEK 3</b>	ADD MORE WEIGHT
<b>WEEK 6</b>	ADD MORE WEIGHT FOR LONGER SESSIONS
<b>WEEK 12</b>	STORE AWAY OR ROATATE INTO SEXUAL PLAY

### FOR PLEASURE

Wear them while using your finger or a vibe on your clitoris or while your partner gives you oral sex. Let the fullness of having them inside your body bring more sensation into your play.

### CARE & CLEANING

Wellness Kegel Balls are made of body safe alloy metal coated with satin smooth silicone. Before and after every use, wash with a gentle soap and water, then rinse and air-dry.

Each kit contains the following three balls:

Color	Weight	Width
Light Purple	0.5 oz.	1.3"
Medium Purple	1.3 oz.	1.3"
Dark Purple	1.9 oz.	1.3"