

Hedonist
GAIA



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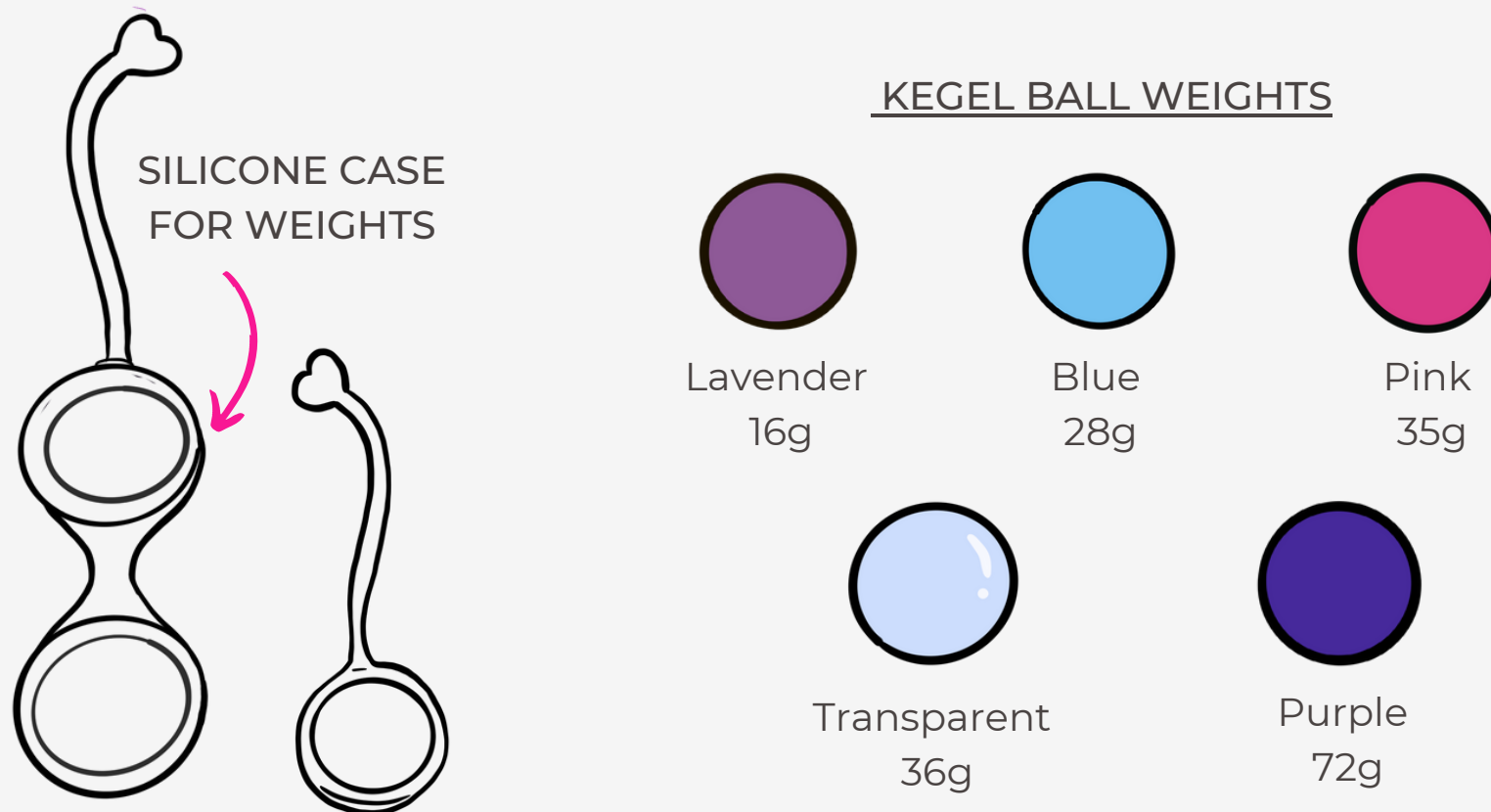
Your Hedonist journey begins today...

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Getting started

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Congratulations on acquiring the Gaia. Before getting more closely acquainted with it, please take a moment to look through this product guide.



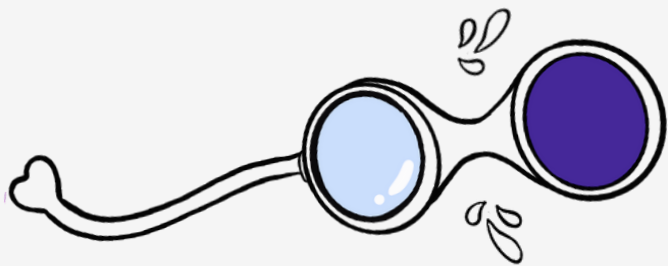
The Gaia wellness set includes 2 kegel ball casing (single & double, body-safe silicone casing) and 5 weighted rattling balls to help you with your training. It is made of soft flexible material to make insertion more comfortable and is super smooth against the skin.

Using the Gaia:

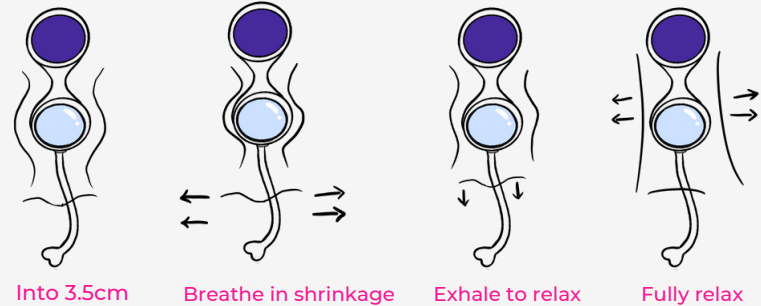
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How to use

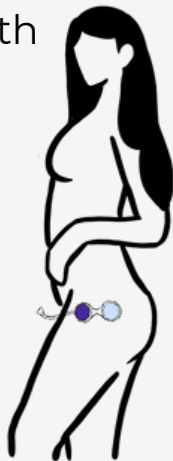
1. Apply a water-based lubricant to facilitate insertion.



2. Lie on your back, and exhale to relax your Pelvic Floor Muscles, then slowly insert the Gaia ball into your vagina (~3.5cm) and leave the leash outside



3. Inhale to tighten your Pelvic Floor Muscles to keep the weight in place, then slowly stand up and proceed with your daily activities or exercises



4. Gradually increase the weight of the balls to strengthen your Pelvic Floor Muscles

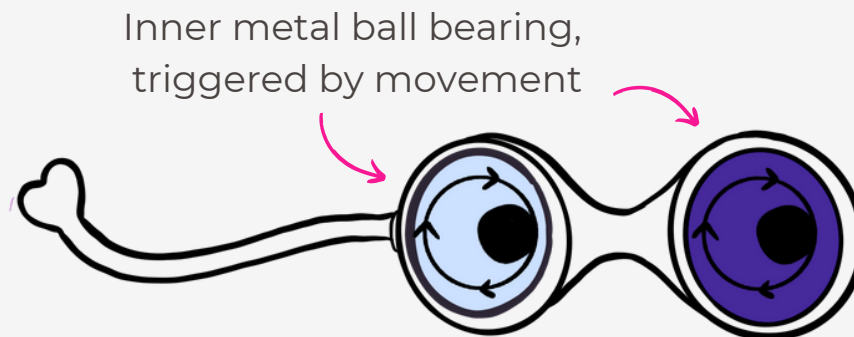


Using the Gaia:

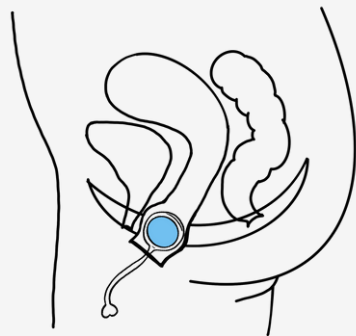
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Weighted Rattling Kegel Ball

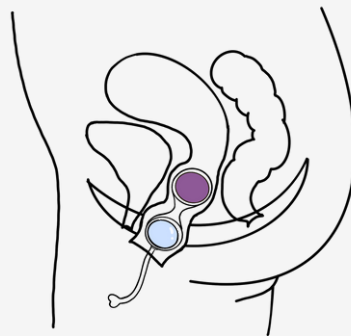
Each weighted rattling kegel ball is designed with inner metal ball bearings to create a subtle kinetic stimulation that is triggered by movement.



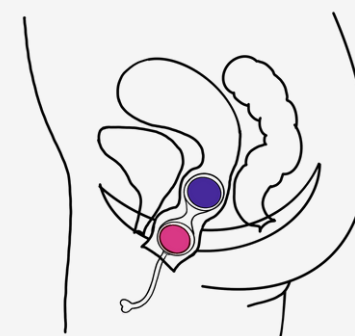
Tone & strengthen your pelvic floor muscles:



STAGE 1 (16-28g)



STAGE 2 (40 - 52g)



STAGE 3 (>64g)

Stage 1 (1 - 2 weeks): Start with the lightest ball weighing 16 - 28g

Stage 2 (2 - 3 weeks): Build your way up to 40 - 52g

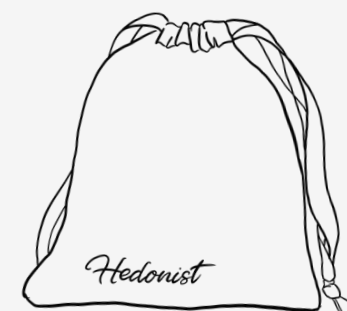
Stage 3 (< 4 weeks): Graduate at >64g

*Pro tip: mix & match the weights to improve wellness. To achieve noticeable results, use the Gaia Kegel Balls for ~30mins daily.

Cleaning, Storage & Safety

Your Gaia will offer years of enjoyment with proper care and maintenance. Here are some tips to prolong the life span of your pleasure buddy:

1. Avoid using your Gaia with hand creams and silicone-based lubricants as it may harm the texture of the silicone toy
2. Always clean your Gaia after every use with soap and water, then allow it to dry. The Gaia is also fully waterproof! This makes cleaning fuss-free and really simple
3. Never use cleansers containing alcohol, petrol or acetone. And do not boil, bake, microwave, or clean the Gaia in the dishwasher
4. Store your Gaia in your discreet Hedonist pouch to avoid the accumulation of dirt, lint and other harmful particles that may collect on the Gaia's surface
5. Avoid leaving your Gaia in direct sunlight and never expose it to extreme heat or cold



Warranty & Return

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All products come with a 180-Day Limited Warranty and 14-Day Return when purchased directly from www.hedonisttribe.com.

180-DAY WARRANTY

Hedonist warrants this pleasure device for a period of 180 DAYS, from the date of original purchase, against defects due to faulty workmanship or materials. The warranty covers working parts that affect the function of the pleasure object. It does NOT cover any defects caused by fair wear and tear or damage caused by accident, misuse or neglect. Any attempt to open or take apart the pleasure object (or its accessories) will void the warranty. If you discover a defect and notify Hedonist during the warranty period, Hedonist will, at its discretion, replace the pleasure object free of charge. To submit a warranty claim on the product, please write into hello@hedonisttribe.com.

14-DAY RETURN

All products have undergone high standards of quality control in testing every single product before sale. Nonetheless, we accept all returns for a period of 14 DAYS, from the date of original purchase. To be eligible for the return, the product's hygiene seal must not be opened or tampered with and the product must be in its original packaging kit (including the pouch and black box).

For more details on the warranty & return process, please refer to our policy here: www.hedonisttribe.com/pages/returns-and-warranty.

Product Specifications

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Materials = Medical-grade Silicone + ABS

Weight = 16, 28, 35, 36, 72g

Size = 108, 152 MM (Length), 94 MM (Girth), 30 MM (Diameter)

Waterproof = 100% Waterproof

Disclaimer

Disclaimer: Users of this product do so at their own risk. Neither Hedonist nor its retailers assume any responsibility or liability for the use of this product. Changes or Modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.

Model may be changed for improvements without notice.

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