

*Hedonist*  
**HEDONE**



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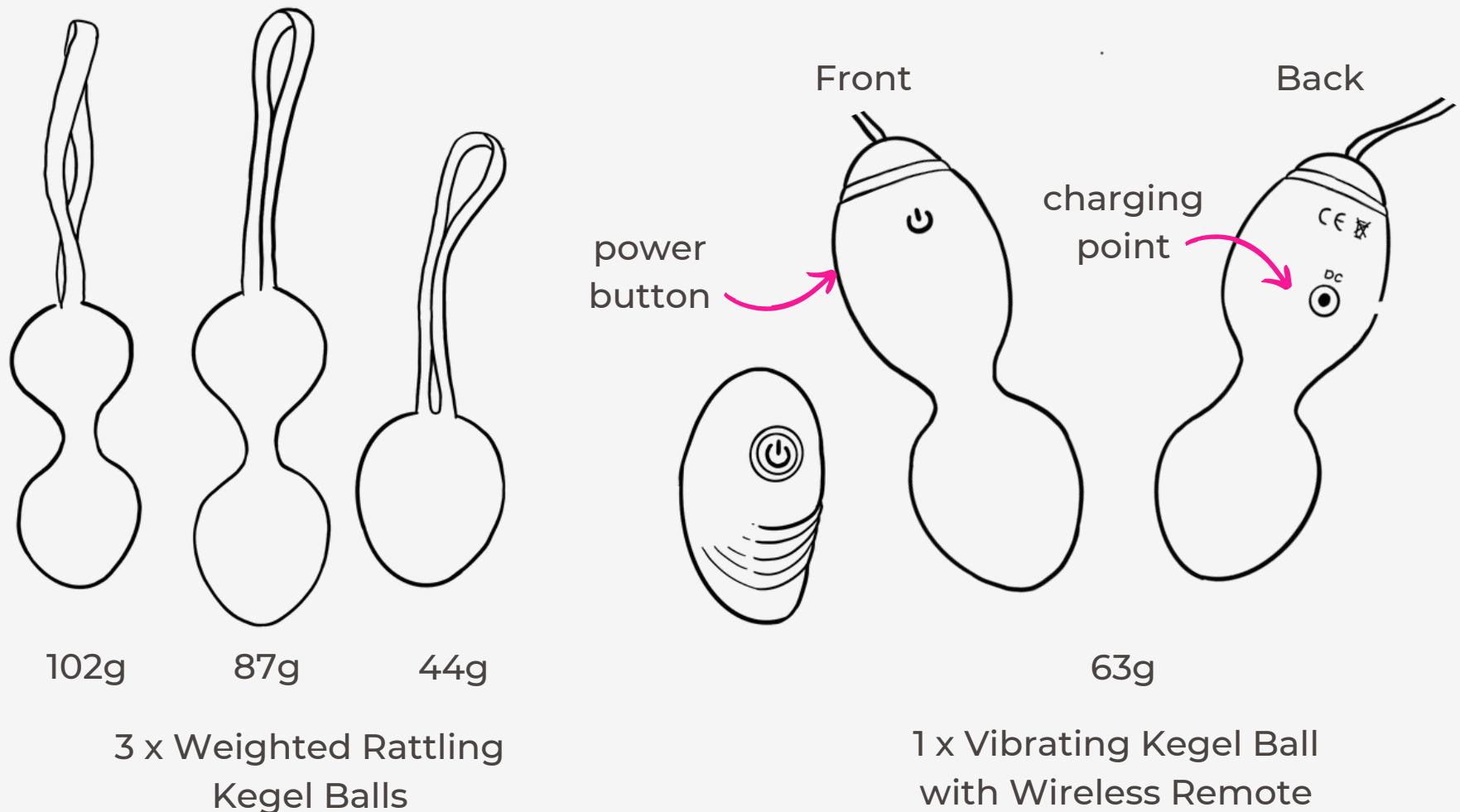
Your Hedonist journey begins today...

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# Getting started

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



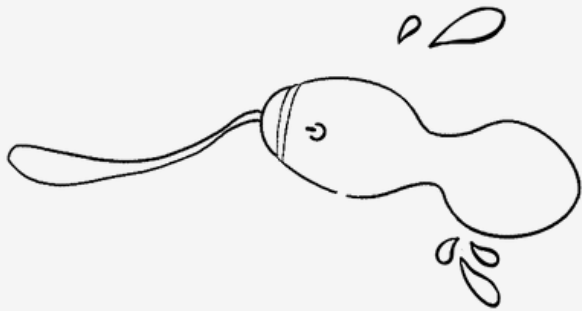
The Hedone set includes 4 Kegel balls: 3 Weighted Rattling Kegel Balls & 1 Vibrating Kegel Ball (comes with a wireless remote control). The kegel balls are fully waterproof and are made of soft, body-safe silicone for your comfort.

# Using the Hedone:

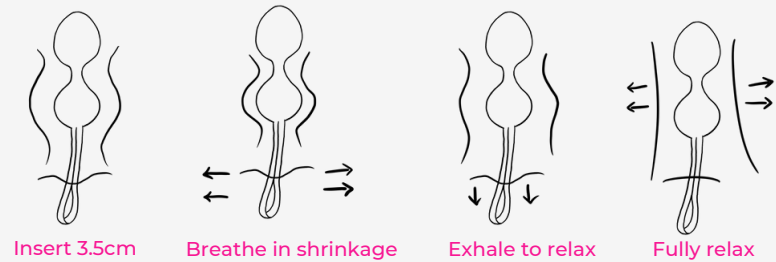
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## How to use

1. Apply a water-based lubricant to facilitate insertion, avoid using too much as it will make the ball(s) difficult to grip



2. Lie on your back, and exhale to relax your Pelvic Floor Muscles, then slowly insert the Hedone 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



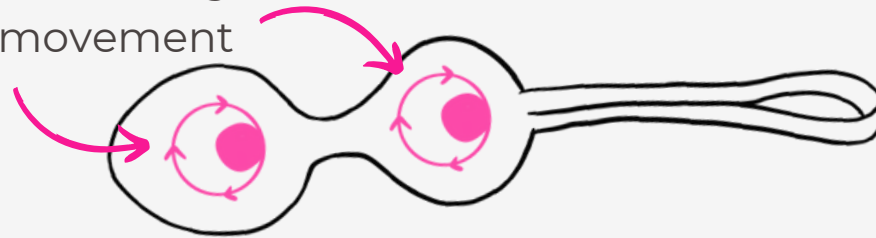
# Using the Hedone:

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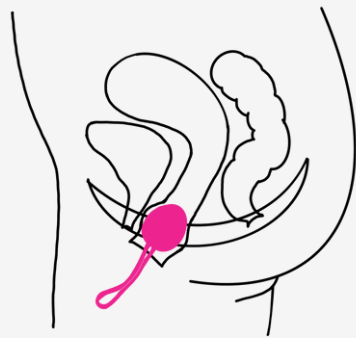
## Weighted Rattling Kegel Ball

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

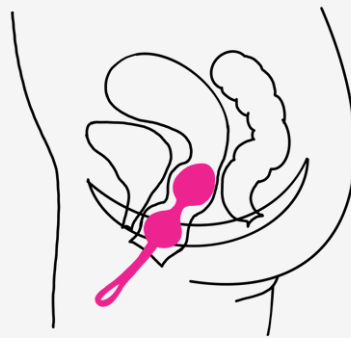
Inner metal ball bearing,  
triggered by movement



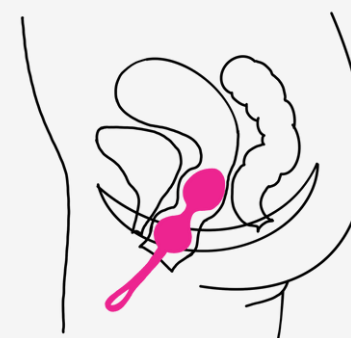
Tone & strengthen your pelvic floor muscles:



STAGE 1 (44g)



STAGE 2 (87g)



STAGE 3 (102g)

Stage 1 (1 - 2 weeks): Start with the lightest ball weighing 44g

Stage 2 (2 - 3 weeks): Build your way up to 87g

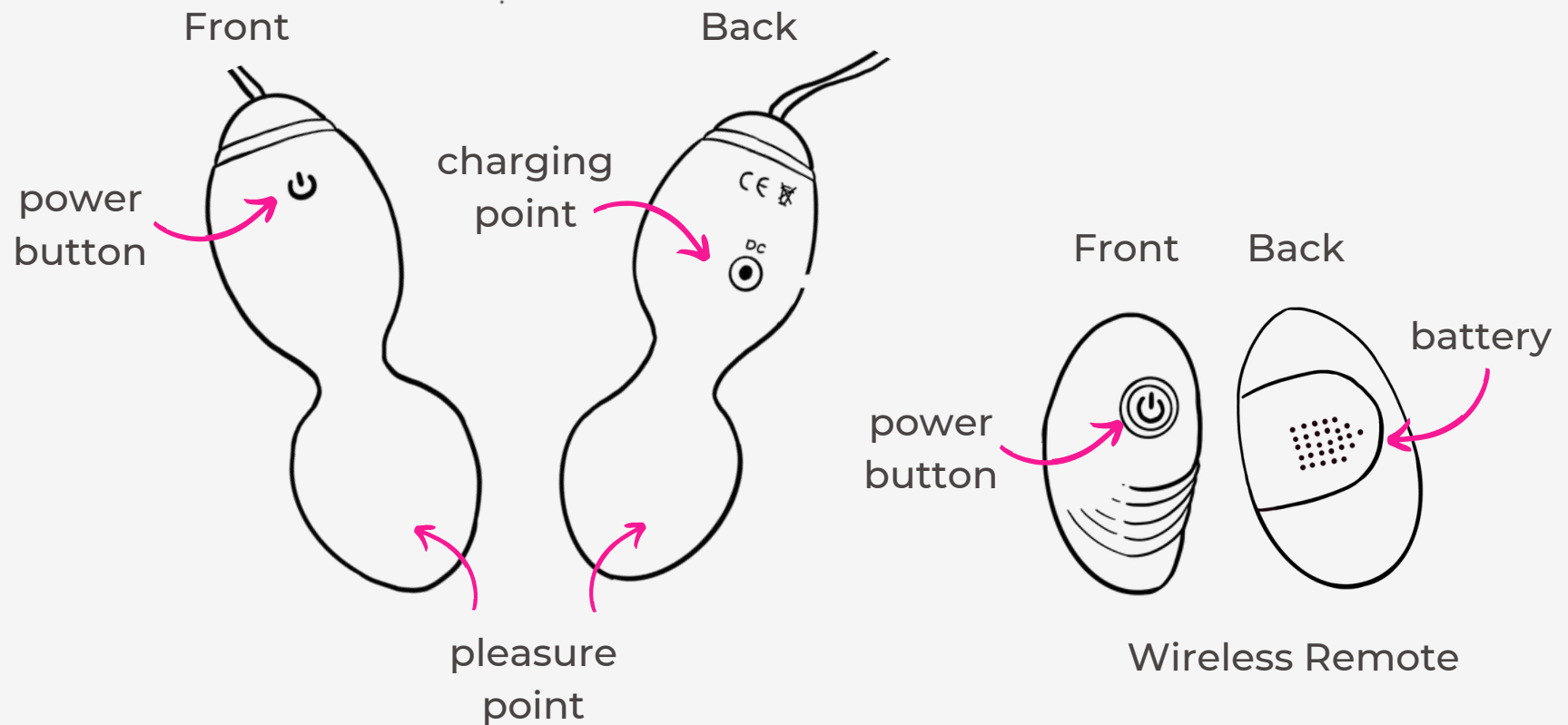
Stage 3 (< 4 weeks): Graduate at 102g

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

# Using the Hedone:

## Vibrating Kegel Ball

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- Before first use, charge your Hedone for ~1.5 hours. For more details on charging, refer to [Charging Guide](#)
- Once charged, hold the 'Power' button for 3 seconds to activate
- Press the power button to adjust between 10 vibration patterns
- Press and hold the 'Power' button on the remote for wireless control
- Press and hold the 'Power' button to turn off your Hedone

# Using the Hedone

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## PLEASURE - Vibrating Kegel Ball

1. Turn on your wireless remote by pressing the 'Power' button
2. Turn on the Pleasure kegel ball and slowly insert it into your vagina with a gentle push
4. Adjust the pressure as you deem fit
5. Experiment with the 10 different vibration modes by pressing the remote's 'Power' button
6. Go handsfree or pass the remote to your partner to add some fun inside or outside the bedroom



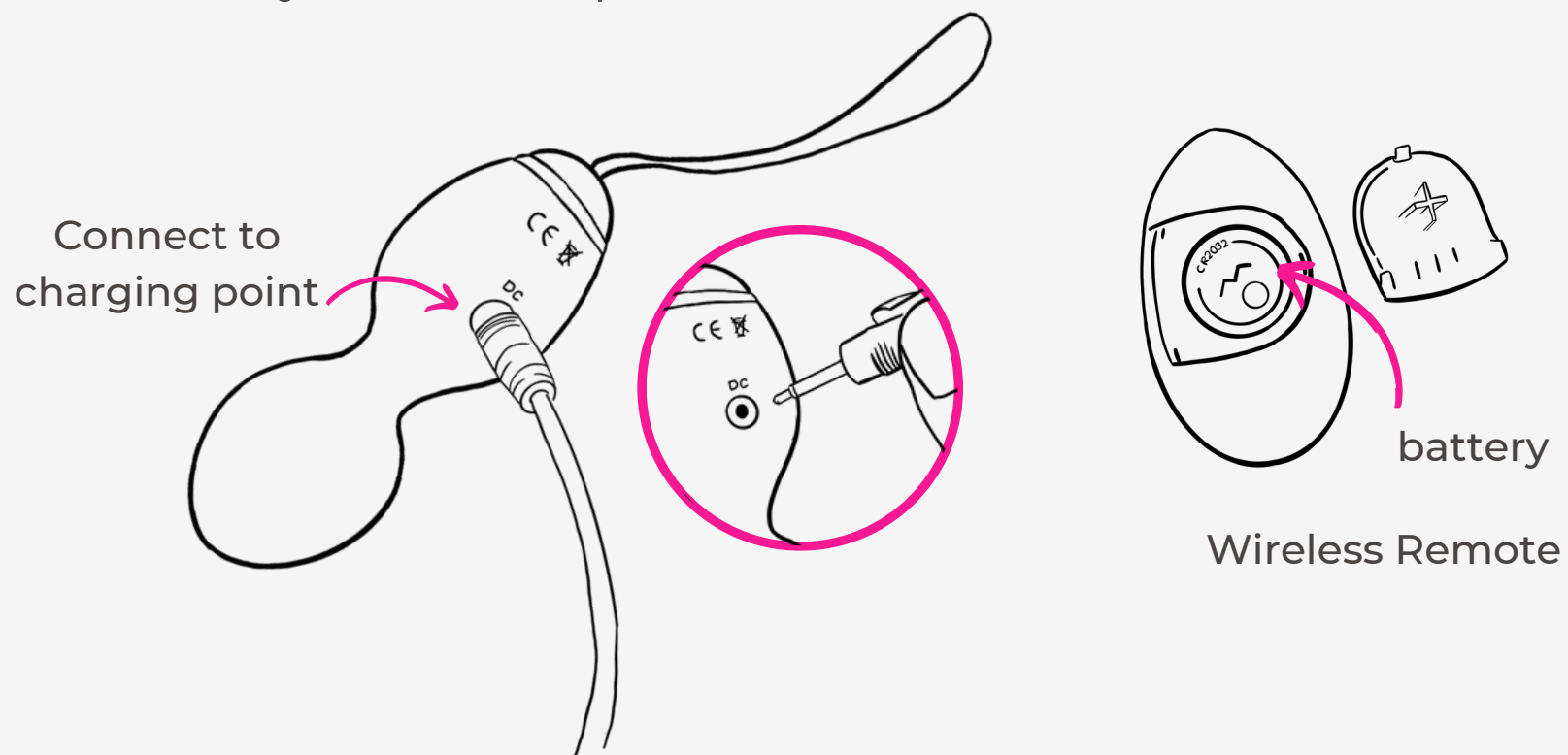
# Charging Guide

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- Ensure that the charging port is dry before charging
- Connect the DC plug to the DC port at the base of your Hedone
- Insert the USB port into a USB power adaptor of 5V or less
- The LED light on the interface of your Hedone will blink to indicate it is charging
- When it is fully charged (after ~1.5 hours), the LED will emit a steady glow
- Please disconnect charger once fully charged
- Avoid charging your Hedone for a prolonged period of time

## Wireless Remote Control

- A specific type of battery is included. Pull off the seal and place the battery in the compartment to start



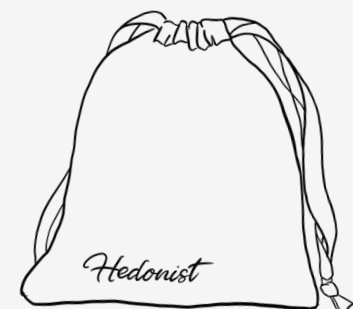


# Cleaning, Storage & Safety

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Your Hedone 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 Hedone with hand creams and silicone-based lubricants as it may harm the texture of the silicone toy
2. Always clean your Hedone after every use with soap and water, then allow it to dry. The Hedone 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 Hedone in the dishwasher
4. Store your Hedone in your discreet Hedonist pouch to avoid the accumulation of dirt, lint and other harmful particles that may collect on the Hedone's surface
5. Avoid leaving your Hedone in direct sunlight and never expose it to extreme heat or cold
6. Remove the battery from the wireless remote control after use to prevent it from depleting and leaking
7. Please note that the wireless remote control is not waterproof, do not wash it



# Troubleshooting

## No LED light blink when charging?

- Battery may already be fully charged
- Battery may be drained and will take a few minutes to respond
- Charger may not be properly connected. Please check charging connections:
  - (i) Ensure USB connection is properly plugged to the main power socket;
  - (ii) Ensure the charging plug is fully inserted into The Hedone's DC port

## Not activated when the "Power" button is pressed?

- Battery may be completely drained. Simply recharge your Hedone
- Your Hedone's interface may be locked. Hold down the power button for at least 10 seconds.

If you experience any other problems with your Hedone or if you have any questions regarding its operation, please contact us via [hello@hedonisttribe.com](mailto:hello@hedonisttribe.com).

# 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](http://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](mailto: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](http://www.hedonisttribe.com/pages/returns-and-warranty).

# Product Specifications

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Materials = Body-safe Silicone + ABS

Weight = 44, 63, 87, 102g (Weighted Balls), 17g (remote control)

Size = 119 \* 36, 169 \* 35, 159 \* 32, 148 \* 28 MM

Girth = 114, 111, 105, 90 MM

Charging = ~1.5 hrs at 5V, 1 - 2A

User Time = 120 mins

Interface = 1 button, 10 vibrat modes

Waterproof = IPX7

## 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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