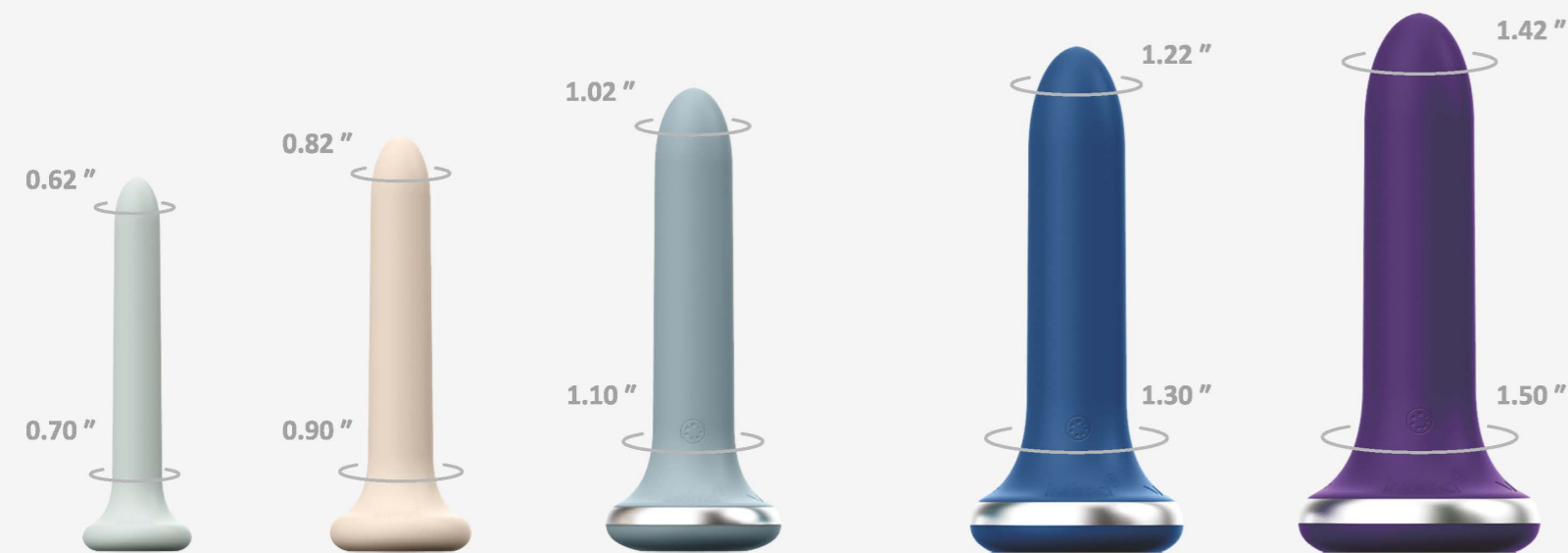


SIZE & DIMENSION



STEP #1

Length 4.75"
Insertable 4.15"

STEP #2

Length 5.25"
Insertable 4.75"

STEP #3

Length 5.85"
Insertable 5.35"

STEP #4

Length 6.35"
Insertable 5.85"

STEP #5

Length 6.85"
Insertable 6.35"

InMotion TECHNOLOGY

InMotion is built-in to #3, #4 and #5 trainers



Storage:

After the trainers have been thoroughly cleaned and dried, place in the supplied storage bag. Store in a cool, dry place, away from direct sunlight

SELF-SEAL CHARGING PORT

The waterproof charging port is self-sealing. When charging for the first time, the charging cable must be used to puncture the charging port. This is intended and by design.

Insert the charging cable into the self-sealing charging port.

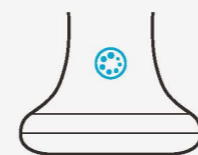


CHARGING

Step #3, #4, and #5 trainers with InMotion may be recharged using the included USB charging cable.

The device may be charged from any USB source (smartphone power adapter, computer, or power strip with available USB port).

While charging, the power indicator will flash continuously. When fully charged, the power indicator will turn solid.



Low-Battery

The power indicator will flash to indicate low-battery.

HOW TO CLEAN

Trainers must be cleaned thoroughly before and after each use. We recommend using Intimd Hygienic Cleaner. You may also clean with warm water and soap. Dry with clean cloth or air-dry.

IMPORTANT:

Use only water-based personal lubricant moisturizer with VWELL exerciser.

Intimd Water-Based
Lubricant Moisturizer
FDA 510K Cleared.

& Intimd Alcohol-Free
Hygienic Spray Cleaner



FAQ

Q: The InMotion feature does not power on.

A: Please ensure the trainer (#3, #4, or #5) is fully charged. If the trainer is still not operational after fully charged, please reach out to our customer service team for assistance or warranty service. support@intimd.com

Q: Do I have to use the InMotion feature?

A: While the InMotion technology offers completely different therapeutic experience, some people may prefer to continue the therapy with passive mode. You may choose to use the dilators in passive mode.

Q: Can I use the trainer for anal (rectal) dilation?

A: Thanks to the hypoallergenic nature of the surgical-grade silicone, many users used the trainers for anal or rectal dilation. Never force the dilator beyond the level of personal comfort to prevent tearing or serious injury. Always use personal lubricant.

SAFETY GUIDELINES

This exercise tool and its associated documentation does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Never ignore professional medical advice in seeking treatment because of something you have read on the brochure or this website. If you think you may have a medical emergency, immediately call your doctor or dial 911.

- Always talk to your doctor prior to using the dilator exerciser set.
- Never force the dilator beyond the level of personal comfort.
- Keep discomfort to a minimum.
- Use water-based lubricant if needed. NEVER use oil or silicone-based personal lubricant.
- Avoid using a dilator with active pelvic infection.
- Avoid using a dilator immediately following pelvic surgery.
- Never use someone else's dilator.
- Clean and dry your dilator thoroughly after each use.
- The goal is to progress dilator size at a comfortable pace (this varies from weeks to months) so that you are using the largest dilator you choose without discomfort.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Engineered in California. Made in China.

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intimd®

VWELL®
InMotion

ADVANCED DILATOR EXERCISER TRAINER SET

MOMENT, THE WAY YOU WANT IT

P/N: INT-VW0010

HOW TO GUIDE



MEET THE MOST MAGICAL DILATOR IN THE WORLD.

The Journey To Remember.

We understand the goal is often-times more than just physical well-being, it's the moments that lead to emotional connection, love, affection and euphoria.

With the patent-pending InMotion Technology, the active trainer gently stretches the tissue and muscle with arrays of synchronized rotating pellets. The flow of the active pellets is controlled with the built-in microprocessor that regulates the intensity to fit multitude of exercise requirements.

Along with proper training and the right tool, VWELL InMotion will help you discover the moment, the way you want it.

BEFORE YOU START

Clean the dilators before first and after every use with warm water and soap or an anti-bacterial cleaner. We recommend *Intimd Hygienic Cleaner*. Dry thoroughly with clean cloth or air-dry.

To ensure comfort, be sure to use a water-based lubricant such as *Intimd Water Based Lubricant Moisturizer* with the dilator. Never use silicone-based or oil-based personal lubricant with VWELL dilators. (Because VWELL is a silicone device, silicone-based lubricant will break down the rubber over time)

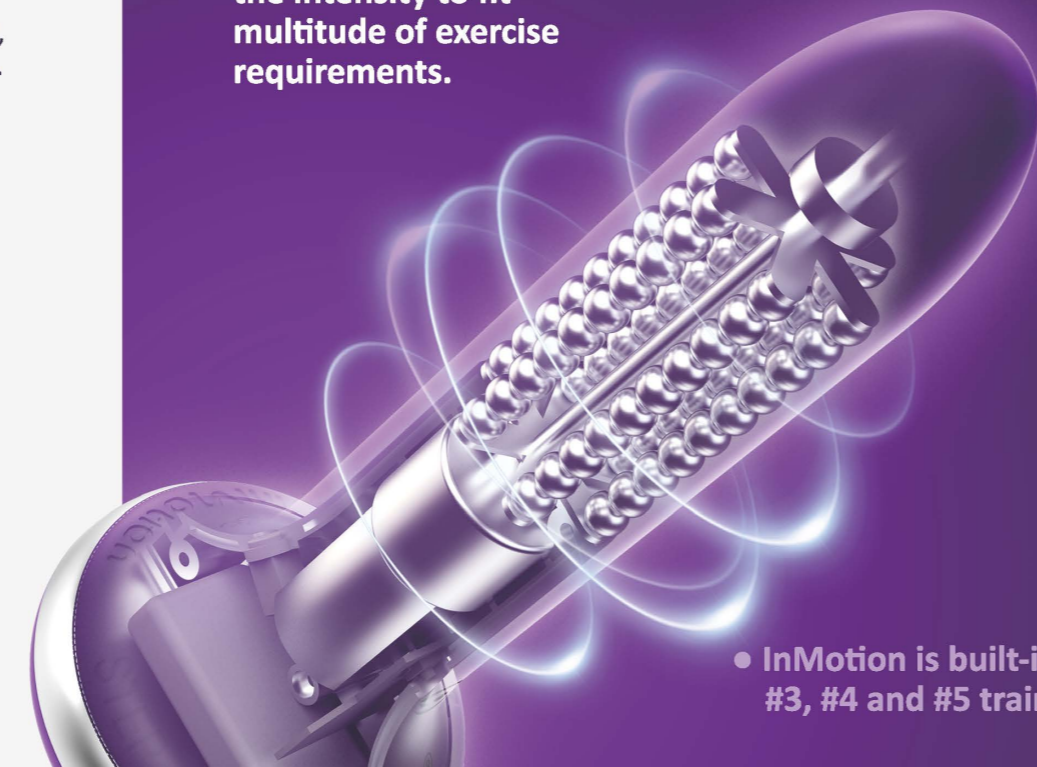
- Select the smallest size dilator (Step #1 or the one that fits you best), gradually progress the size of the dilator over time as comfort permits.
- Select an appropriate time and a comfortable place – allow for relaxation and no interruption.
- Relax for about 10-15 minutes before starting exercise.



InMotion TECHNOLOGY

With the patent-pending InMotion Technology, the active trainer gently stretches the tissue and muscle with arrays of synchronized rotating pellets.

The flow of the active pellets is controlled with the built-in microprocessor that regulates the intensity to fit multitude of exercise requirements.



- InMotion is built-in to #3, #4 and #5 trainers

To accelerate the efficacy of the dilator therapy, the patent-pending InMotion Technology utilizes arrays of rotating pellets inside the dilator shaft to gently and effectively massage the vaginal tissue and muscle.

InMotion function is available on Step #3, #4, and #5 trainers.

Start with lowest speed setting, and slowly insert the dilator in varying depth.

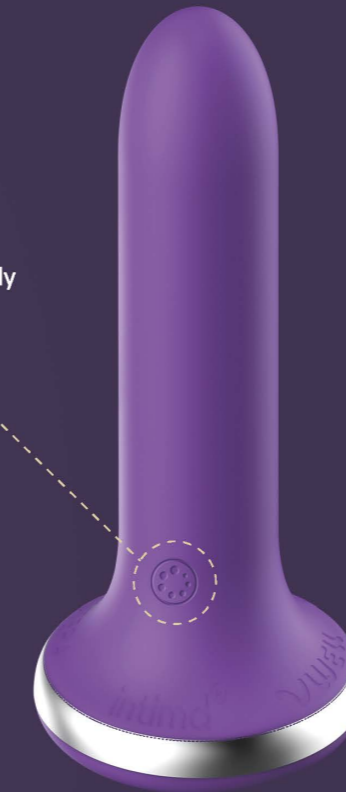
POWER BUTTON

To Power On/Off

Press the power button for 2 seconds to power on. To power off, press the power button for 2 seconds.

Select Speed Setting

When powered on, cycle through 6 different speed settings



INSTRUCTIONS



1. Place a generous amount of Intimd Lubricant Moisturizer on the trainer. Avoid lubricants containing petrochemicals as these can cause pelvic floor tissue irritation and exacerbate pain.

2.

Lie on the bed with knees bent. Hold the dilator by the base and gradually insert the dilator to a tolerable depth within your vagina. Keep the level of discomfort minimal and if you feel any discomfort pause for up to a minute at a time, continuing to breathe and relax your pelvic floor.



- When discomfort has eased then progress further as tolerated stopping at regular intervals to accommodate your body to the sensation and lengthening of the tissues.
- Use daily for 5-15 minutes.
- When you have finished, gently withdraw the dilator and allow yourself to rest and recover before getting up.

ADDITIONAL TECHNIQUES

Don't rush it, each person is different. For some, it may only take a few days to progress to next step.

For many others, it may take a week or up to several weeks to progress to next step. The key is to take it slow and progress based on your own comfort level. Here are some techniques to improve your experience:

- Activate the InMotion function (available on #3, #4, and #5 trainers) to improve the dilator therapy experience.
- Gently push it back and forth to stretch the length of your vaginas
- Gently rotate the dilator in wide circles to stretch the width of your vagina.
- Gradually increasing the depth of dilator penetration
- Maintaining gentle pressure against an area of discomfort for up to 60 seconds
- Progressing the size of the dilator