



Kegel Exercisers

Progressive pelvic floor training

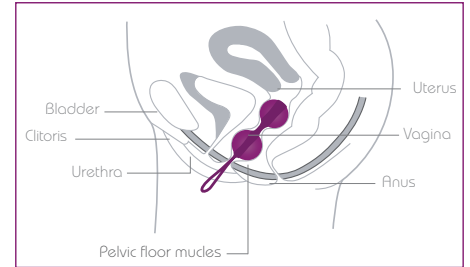
Presentation

Floravi's Kegel exercisers are the easiest and most effective way to train your pelvic floor muscles, since they are constantly working to hold the balls inside the vagina.

Benefits

Also known as Ben-Wa balls, they :

- Improve vaginal elasticity;
- Allow a better neuromuscular control after childbirth;
- Provide gentle vaginal stimulation for an improved libido and can give more intense orgasms thanks to the weighted balls.
- Prevent or limit involuntary leakage of urine caused by urinary incontinence
- Strengthen pelvic floor muscles



Use

Upon first use, it is important to use the vaginal balls in a place where you can remove them or adjust them. To start, wear the balls for thirty minutes per day to get used to them. However, if you are immediately comfortable, feel free to wear them for several hours and at least four days a week. Your body position and your activities while wearing the exercisers will affect the level of difficulty.

Begin the progressive training in a sitting position. Train yourself to contract and relax your pelvic muscles and to become aware of the movement of the balls. Once you feel comfortable, you can practice more demanding exercises while wearing the balls, such as housework, squats and walking. Make sure that you are sufficiently in control before any outdoor activities.

Floravi's Kegel exercisers are specially designed to accompany women in the process of gradually strengthening their pelvic muscles. As with regular weights, you should start your training with the lighter weights. When you find that the exercises require little effort, you can progress to the next weight level for a higher level of difficulty (see side box). If you are fully in control when you wear the heaviest weight with the retrieval cord, you can now continue training without the cord. Again, start with lighter weight and gradually increase (from 30gr to 90gr).

By regularly exercising your muscles, you will notice a steady improvement.

As every woman will progress at a different rate, there is no standard duration for the treatment. Stop the treatment when you feel that your pelvic muscles have had a sufficient workout, even if you have not used the maximum weight.

Floravi water-based lubricant is recommended when using the Kegel Exercisers.

Insertion

The balls are inserted just like a tampon. To ease the insertion, put yourself in a comfortable position, such as squatting, sitting, or lying on your back. Pay attention to your vaginal cervix, it will indicate how deep to push the balls (≈ 2 cm from the vaginal opening). Your vagina will close around the balls to indicate the right depth. If you insert them too deeply, your muscles will not be able to contract properly. To make insertion easier, use an intimate lubricant.

Removal












With the retrieval cord: If you use the balls with the retrieval cord, gently pull the cord to remove the balls from the vagina.

Without the retrieval cord: If you prefer to use the balls without the retrieval cord, the simplest way to remove them is to push by

contracting your pelvic muscles. If you have used the balls for an extended period, they may be lying a little higher and more difficult to remove. There is no need to worry. First, relax. Start by adding lubricant then stand up and walk, cough or jump in place.

Maintenance

For hygienic reasons, clean the exercisers before and after each use. If you used the balls with the retrieval cord, remove the balls from the retrieval cord before cleaning. To prolong the life of your exercisers, use an antibacterial cleanser such as Steri-clean. Store the exercisers in their original box. It is strictly advised not to share your exercisers with others.

Single weights		
 30 g	 40 g	 50 g
Multiple weights		
 +  = 60 g	 +  = 70 g	
 +  = 80 g	 +  = 90 g	

*For an additional degree of difficulty, use the balls without the retrieval cord (30gr to 90gr).