

-
- 5
- 7
- 8
- 15 min



The Clock Method

The clock technique aids in transitioning between dilators by conditioning pelvic floor muscles to gradually accept gentle pressure.

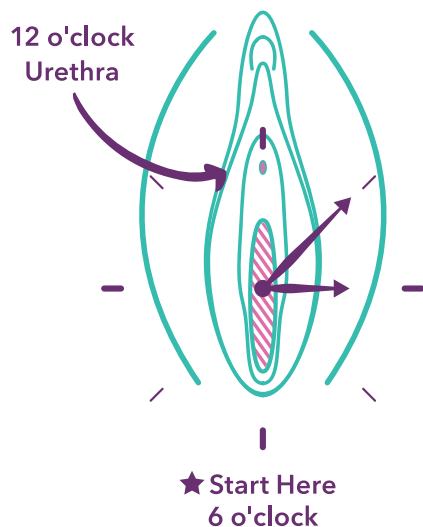
Imagine the vagina as a clock.

Start by placing the dilator at the 6 o'clock position.

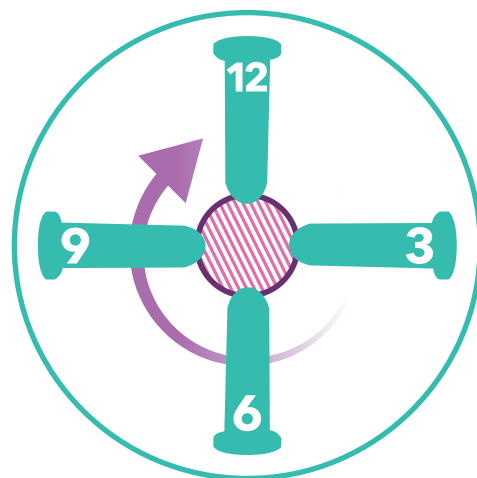
Gently press and hold for a few seconds.

Release, then move to the 7 o'clock position.

Continue this pattern, gently compressing to 8, 9, 10, 11, 12, 1, 2, 3, 4, and 5 o'clock positions.



With 12 o'clock being the urethra, be gentle when applying pressure in this region.



Looking for support?

CHECK OUT THE DILATOR HUB

Find links to videos, FAQs, helpful tips and even a little inspiration!



intimaterose.com/dilator-hub

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