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Satisfyer Yoni Power 2 (Model 360189)

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Model: Yoni Power 2 (360189)

INTRODUCTION

The Satisfyer Yoni Power 2 Kegel Balls are designed to strengthen your pelvic floor muscles. This set includes three different weighted balls to support gradual training and enhance muscle tone.



Image: The Satisfyer Yoni Power 2 set, illustrating the purpose of pelvic floor training.

PRODUCT COMPONENTS

The Satisfyer Yoni Power 2 set includes three individual Kegel balls, each with a different weight to facilitate progressive training:

- **Large Ball:** 73 grams
- **Medium Ball:** 46 grams
- **Small Ball:** 22 grams

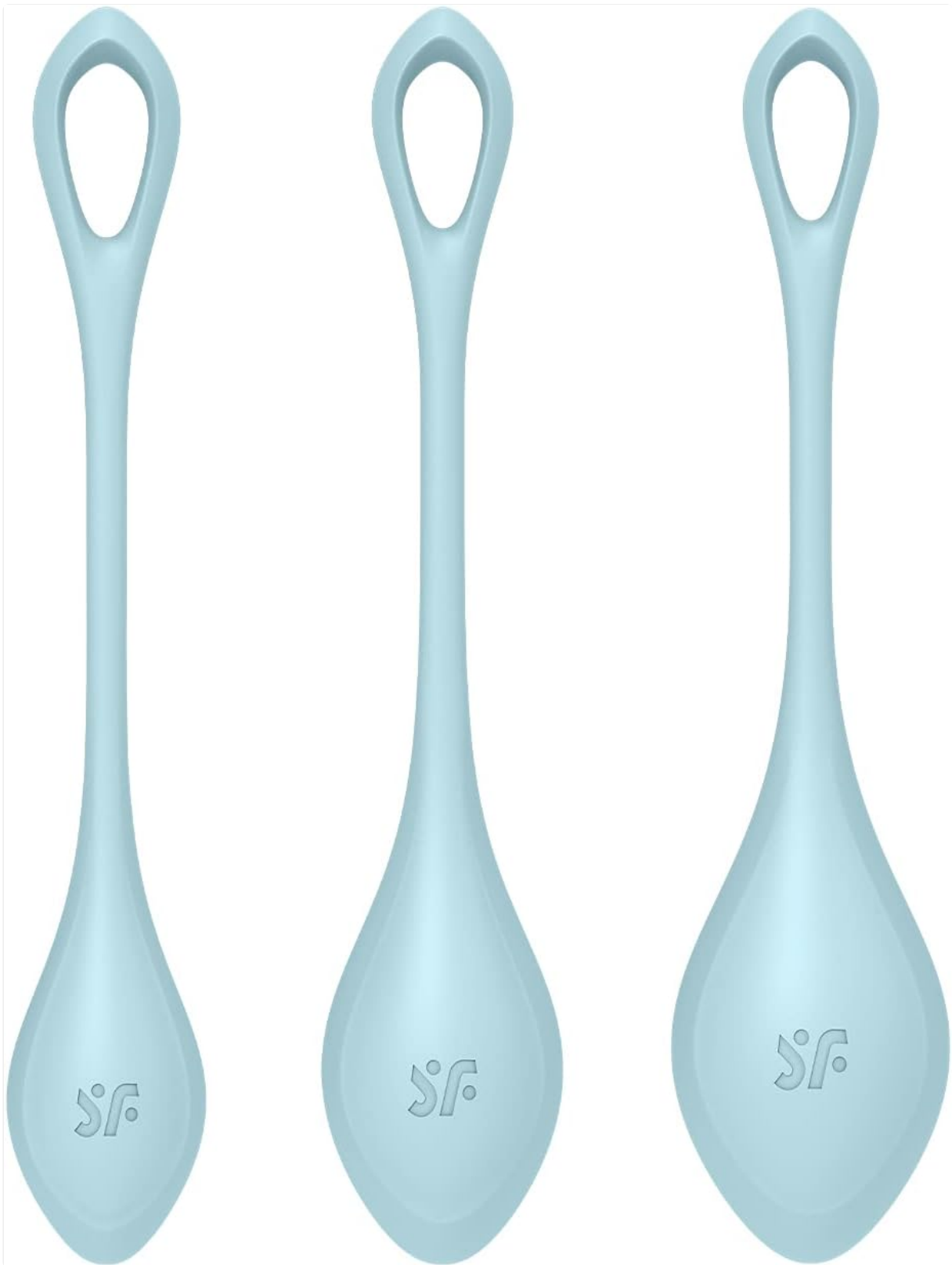


Image: A visual representation of the three Kegel balls included in the set, showing their relative sizes.

SAFETY INFORMATION

The Satisfyer Yoni Power 2 Kegel Balls are made from body-friendly, medical-grade silicone. Always ensure the product is clean before and after each use. If you experience any discomfort or pain, discontinue use immediately and consult a healthcare professional. This product is not intended to diagnose, treat, cure, or prevent any disease or health condition.

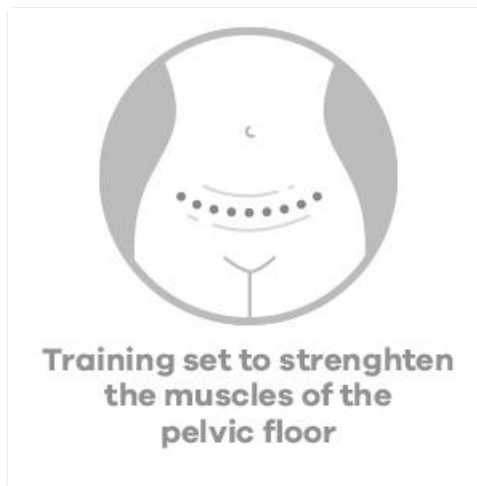


Image: Icon indicating the use of body-friendly silicone material.

SETUP AND FIRST USE

1. **Unpack:** Carefully remove the Kegel balls from their packaging.
2. **Clean:** Before the first use, and after every subsequent use, clean the Kegel balls thoroughly with mild soap and warm water. Rinse them well to remove any soap residue.
3. **Dry:** Allow the balls to air dry completely or gently pat them dry with a lint-free cloth.

OPERATING INSTRUCTIONS

Follow these steps for effective pelvic floor training:

1. **Choose Your Ball:** Begin your training with the largest (73g) Kegel ball. As your pelvic floor muscles strengthen, you can gradually progress to the medium (46g) and then the smallest (22g) ball. The smaller and lighter the ball, the more challenging it is to retain, indicating increased muscle strength.
2. **Lubricate:** Apply a water-based lubricant to the Kegel ball for comfortable insertion.
3. **Insert:** Gently insert the Kegel ball into the vagina, similar to inserting a tampon, ensuring the retrieval loop remains outside the body.
4. **Exercise:** Once inserted, engage your pelvic floor muscles by squeezing them as if you are trying to stop the flow of urine. Hold the contraction for a few seconds, then relax. Repeat this process.
5. **Daily Training:** Aim for approximately 15 minutes of training per day. You can perform these exercises while standing, walking, or during light activities like shopping or exercising.
6. **Removal:** To remove the Kegel ball, gently pull on the retrieval loop.



Easy to Use:



Practical and secure retrieval strap



Three different sizes and weights for gradual training



Image: A hand demonstrating how to hold the Kegel ball, highlighting the practical retrieval loop for safe application.

MAINTENANCE AND CLEANING

Proper cleaning and maintenance ensure the longevity and hygiene of your Satisfyer Yoni Power 2 Kegel Balls:

- **After Each Use:** Wash the Kegel balls immediately after each use with mild soap and warm water.
- **Rinsing:** Rinse thoroughly under running water to remove all soap residue.
- **Drying:** Allow the balls to air dry completely before storing them.
- **Storage:** Store the clean and dry Kegel balls in a clean, dry place, away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues during use, consider the following:

- **Discomfort during insertion or use:** Ensure adequate water-based lubricant is used. If discomfort persists, try a different size or consult a healthcare professional.
- **Difficulty retaining the ball:** This indicates that your pelvic floor muscles may need more training. Start with the largest ball and focus on consistent, gentle contractions. If you are already using the largest ball and still have difficulty, consider shorter training sessions or consult a specialist.

- **Product damage:** Inspect the silicone for any tears or damage before each use. Discontinue use if any damage is found to prevent injury.

SPECIFICATIONS

Model Name	Yoni Power 2
Model Number	360189
Brand	Satisfyer
Material	Medical-grade Silicone
Weights	22g (Small), 46g (Medium), 73g (Large)
Product Dimensions	5.12 x 1.57 x 0.98 inches (overall package/largest ball, specific dimensions for each ball not provided)

WARRANTY AND SUPPORT

Satisfyer offers a **15-year product protection** for the Yoni Power 2 Kegel Balls, ensuring long-lasting satisfaction and quality. For any support inquiries or warranty claims, please refer to the official Satisfyer website or contact their customer service directly.



Image: Icon representing the 15-year product protection offered by Satisfyer.