

**A new must-have product launched for women...and it could change your life “down there”**

*Pelvic healthcare company Kegel8 launches the magic wand to help you find and strengthen your pelvic floor muscles, improve your sex life and stop embarrassing leaks*

**4<sup>th</sup> February 2019** – Designed for women of any age\*, the [Kegel8 Pelvic Floor Wand](#) (RRP £11.99) is a body-friendly and easy-to-use system to start your journey to improved pelvic floor health.

It's already proved to be a sell-out item since its launch last week and has been restocked to meet the high demand.

Just like brushing your teeth or getting your 5-a-day, looking after your pelvic floor should be an important part of your daily routine. Approximately 25% of women suffer from pelvic disorders worldwide, yet many women are still in the dark.

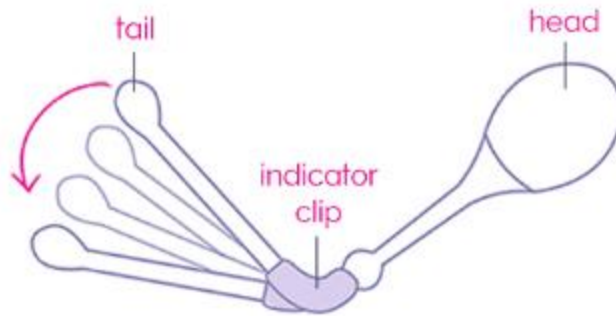
The pelvic floor muscles hold all your important pelvic organs in place; including the bladder, uterus and rectum. If these muscles are weak, you're more likely to suffer from bladder incontinence, prolapse and see your sex life deflate.

It's never too early or too late to learn how to exercise and strengthen your pelvic floor. The Kegel8 Pelvic Floor Wand is an incredibly simple and extremely effective pelvic floor exerciser that tests your pelvic floor strength and physically shows you if you're exercising the muscles effectively...in less time than it takes to make a cup of tea.



The Kegel8 Pelvic Floor Wand challenges you to get a grip on those vital muscles and comes with a 12-week beginner and advanced level exercise plan to follow daily, developed with a specialist women's health physiotherapist.

Simply insert the cone into your vagina and contract your pelvic floor muscles - squeeze from your anus to your vagina, as if you feel a zip pulling forwards. When done correctly, the unique indicator clip moves the tail of the wand downwards. If it waves up, you are bearing down on your muscles instead of pulling up and may be weakening your muscles as a result.



If you're unable to move the wand, or even hold it in place without it falling out, then you may need a little helping hand first from an electric toner such as the Kegell8 Ultra 20 Electronic Pelvic Floor Toner which locates and stimulates the muscles for you to bring them up to full strength.

**Stephanie Taylor, Managing Director of Kegell8 commented:**

*“The number one thing women say to us is they feel loose ‘down there’ and cannot locate their muscles to do a proper Kegel exercise to tighten up. This means many people give up on pelvic floor training before reaping the benefits.*

*For too long, women have been kept in the dark about pelvic floor issues which in reality can be devastating to quality of life and intimacy. The Kegell8 Pelvic Floor Wand has been designed as an affordable and easy way for women to test their pelvic floor and take control of their health.”*

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**Notes to editors**

\*The Kegell8 Pelvic Floor Wand should not be used by women who are pregnant, have a vaginal or urinary infection or a prolapse unless advised to do so and under medical supervision.

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**About Kegell8**

For over 13 years, Kegell8 has been the top choice for men and women suffering from pelvic floor weakness.

Kegell8 offers British-made, clinically-proven, home-use medical devices to strengthen the pelvic floor, some of which are available on NHS prescription

Website: [www.kegell8.co.uk](http://www.kegell8.co.uk) | Instagram: @Kegell8 | Twitter: @Kegell8 | Facebook @Kegell8