



Press Release

Once Upon A Kegel Tail

Kegel8 Cones – The smart way to do your kegel8!

You know where the muscles of your pelvic floor are, but don't know how to exercise them? Not sure if you are doing them right? Kegel8 Cones and their innovative 'tail' is the smart way to do your manual pelvic floor exercises – see it to believe it! Available from the UK's leading pelvic floor specialists www.Kegel8.co.uk.

A strong pelvic floor is the solution to many common problems! Have you ever leaked when you laughed? More than 10% of the entire UK have suffered from similar problems. One in 3 women suffer with stress incontinence, and 50% of women over 55 will have some form of prolapse. Age, weight and pregnancy are the most common causes of weakened pelvic floor muscles. But Kegel8 can help get your strength back, as well as some more added benefits!

With the Kegel8 Cones, you can use the indicator clip and watch the 'tail' of the cones move down as you do your pelvic floor exercise. When the Kegel8 Cones tail moves down, you know you have done the correct exercise. Incorrect pelvic floor exercises are potentially more damaging. You can rest – and clench – with an easy mind following the Kegel8 exercise plan; included with all Kegel8 Cones.

Stephanie Taylor, founder of Kegel8, said: "Your pelvic floor muscles work in conjunction with your abdominals and your diaphragm and help to support your spine. If your muscles are weak there is a lack of support and you could also suffer with back problems.

"Regular pelvic floor exercise will not only protect you from those mild stress incontinence leaks they'll add a zing to your love-life too. If you do have light adult incontinence, ignore it at your peril - it is a warning of worse weakness to come that could result in pelvic organ prolapse."

A strong pelvic floor lowers the risk of prolapse, supports the stomach muscles and spine, giving you both a flatter tummy and no more lower back or hip pain, helps to stop laughter leaks and can increase intimate stimulation. What are you waiting for – do your kegel exercises the smart way with [Kegel8 Cones](http://www.kegel8.co.uk), available at www.kegel8.co.uk for £29.99.

— ENDS —

For media enquiries or more information, contact Natalie Venning at natalie@kegel8.co.uk

Information for editors

About Savantini

Savantini Limited is the provider of the UK's number one pelvic floor exercise machines - The Kegel8 Range. StressNoMore is dedicated to quality healthcare and wellbeing products for women. With over 20 years' experience, Savantini Limited is the UK's leading health provider for women.

About Kegel 8

Kegel8 was born from the desire to offer support and an alternative home solution to pelvic floor weakness for those who want to avoid surgery, recovery affectively from surgery or are simply too embarrassed to even seek medical support. With a passion for not only our range of medically approved products but for excellent



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service, support and advice, we work hard to be at the heart of pelvic health and teach all we know to those who suffer the effects of weakened pelvic floor muscles. Find out more on www.kegel8.co.uk