



Press Release

A Gentlemen's Guide to Kegel8

Kegel8 V for Men – The smart way to do your kegels!

Harder, stronger, naturally – there is a way for men to naturally build their strength and reach peak performance. Pelvic floor exercise. British company Kegel8 is encouraging men to fight the stigma that kegels are just for girls with Kegel8 V for Men.

A strong pelvic floor is the solution to many common problems! Have you ever leaked? Has your love life been a one minute wonder rather than a night of passion? Do you have trouble with performance? More than half of men will experience similar problems as they age, starting from their 30s. Yet there is a brilliant, easy and natural way that could prevent and reverse these problems – and the Kegel8 V for Men has it all.

Using electronic pulses through tibial or sacral nerve stimulation or internally using a probe, The Kegel8 V for Men electronic pelvic toner helps to activate around 90% of the pelvic floor muscles. This exercise helps to rehabilitate weak muscles. The clinically proven programmes have been devised by physiotherapists, and can help with bladder weakness and improved sexual function.

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 pesky dribbles and 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, naturally develops and maintains stronger erections, helps to stop dribbles and leaks and can increase intimate stimulation. What are you waiting for – kegel's are not just for girls, be smart and exercise your pelvic floor with Kegel8 V for Men. Available at www.kegel8.co.uk for £149.99.

– 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, recover effectively 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 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