

“O-Shot” comments

Stephanie Taylor, Managing Director, [Kegel8](#)

“It’s concerning to hear about the rising popularity of The Orgasm Shot – or “O Shot” for short – in the UK, especially among young women in their 20s and 30s. Much like botox, women are being sold the idea of better sex, but in reality, the effect is only temporary and it’s not a proven science.

“The “O shot” is an invasive injection which involves taking platelet-rich plasma from a women’s own blood and injecting it into the clitoris and vagina. It’s said to increase blood flow, vascularization and generate healthy tissue growth down below, giving women more intense orgasms, but it comes at a cost...upwards of £1000 a go.

“Instead of following the latest fad, women need to be educated about their own pelvic health first and foremost. 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.

“For better orgasms long-term, women can build stronger, firmer muscles in their pelvic floor all on their own, without the need to spend £1000s of pounds and go through an invasive cosmetic procedure which usually needs repeating every 18 months.

“By practicing Kegel exercises, either manually or with the help of an electric toner, women can strengthen and build muscle tone as well as improve nerve sensation in just a few weeks. It also has the added benefits of protecting against bladder incontinence and prolapse which can affect women at any point in their lives.

“So, women looking for better sex should think carefully about the best and most body-friendly way of getting it before shelling out thousands on a procedure which is still in its infancy.”

Press enquiries

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About Kegel8

Kegel8 is one of the UK’s leading pelvic healthcare companies. Its range of electronic pelvic toners offer women and men the chance to regain control of their pelvic floor from the comfort of

their own home and in their own time. For over 13 years, Kegel8 has been the top choice for men and women who suffer from pelvic problems. Owned and managed by Stephanie Taylor, the company employs 40 people and is based in Hull, East Yorkshire.

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