



Press Release

## **Master Your Pelvic Floor**

### **Kegel8 Tight and Tone – The smart way to do your kegels!**

**Are you suffering with the effects of a weak pelvic floor, from wind to leaks, back aches and poor posture? Trying to squeeze and release when you brush your teeth not doing the job? How can you be sure you are activating the right muscles? Take back control of your body and master your pelvic floor with the Kegel8 Tight and Tone, from the UK's leading pelvic floor specialists [Kegel8.co.uk](http://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!

Going to the gym, we can see our biceps and abdominal muscles as we exercise, but how do we know we are working out our pelvic floor properly? Incorrect exercising is potentially damaging over time. With the Kegel8 Tight and Tone, electrical pulses are used to coax weak muscles back to life – specifically targeting all the right muscles you need. It includes a pelvic floor workout programme, as well as clinically proven programmes to help with bladder leaks, pelvic prolapse and new mums.

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.”

Kegel8 Tight and Tone can help with pelvic pain and muscle relaxation. It has three customisable programmes for you and your physiotherapist to design, so you can continue rehabilitation at home and truly master your pelvic floor.

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 Tight and Tone! Available at [www.kegel8.co.uk](http://www.kegel8.co.uk) for £98.99.

**– ENDS –**

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#### **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.



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***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 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](http://www.kegel8.co.uk)