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EXPERIENCE INTIMACY

**NEW YEARS SEX
RESOLUTIONS**

**NEW YEAR
NEW PRODUCTS**

KEGEL BALLS
A beginners Guide

SPI

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NEW YEARS SEX RESOLUTIONS

NEW YEAR, NEW YOU!

Just one of the many things we hear and say at this time of year. We reflect on the year just gone and think about what we want for the year ahead. What do we want for our professional life, personal life, family life etc...

...BUT how many of you think about how you can improve your SexLife? Like all the other aspects of you life it too needs time spent on it to make it better, more fulfilling, more exciting and so on and so on.

Why not try noting down some New Year Sex Resolutions. If you are single or in a relationship, unhappy in your sexlife or think it's already amazing. There is always things that can be done to make it even better. Are there things you want to try, those extra naughty things you have been too nervous or even embarrassed to say out loud? A problem you have been avoiding talking about? Or is it just time to upgrade that old faithful toy and try something new?



NEW YEAR - NEW PRODUCTS

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Designed with GEN-Z in mind

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www.nauti.nz

Introducing the revolutionary Doxy 3 USB-C-powered wand massager, meticulously designed with the Gen-Z audience in mind. This latest innovation in pleasure technology is a direct response to the demands of a new generation, characterised by their emphasis on brand recognition, power, design, functionality, and affordability.

Compatible with the ZALO Remote Pro APP, AVA can be remotely controlled from the convenience of a mobile device, that also offers additional features for a personalized experience. AVA Smart Wand Massager also features pre-heating technology, ensuring the massager is always at the perfect temperature for comfort and pleasure.

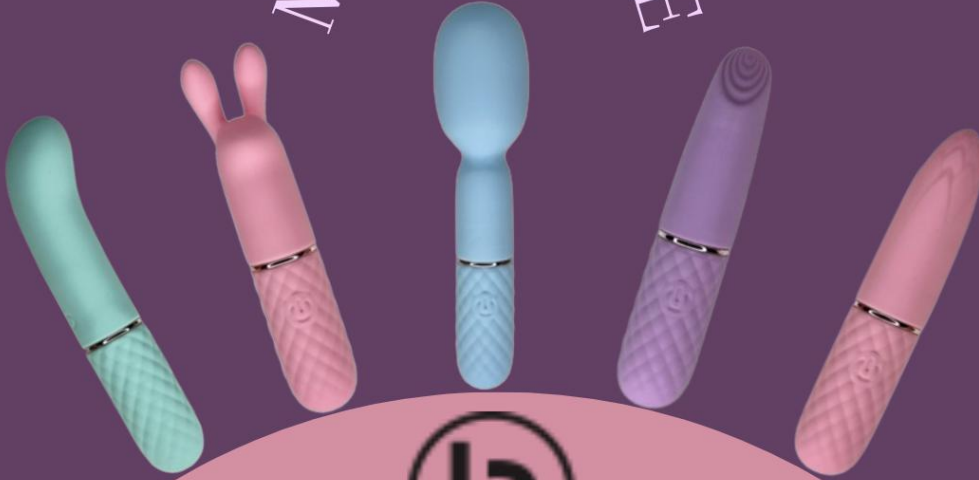


AVA
Smart Wand
Massager



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MINI RANGE



lady bonnd

now @ www.nauti.nz

This new Mini Range is powerful and oh so cute. Versatile and easy to use with a single touch button, as well as being quiet and discreet.

A selection of three durable, super stretchy non-vibrating penis rings to support staying power and harder erections. Made to fit all sizes and shapes, wear one, two or all three in different shaft and testicle combinations for solo and partner approved pleasure..

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Remix Trio

3 pack
C-rings



pleasure
to the people

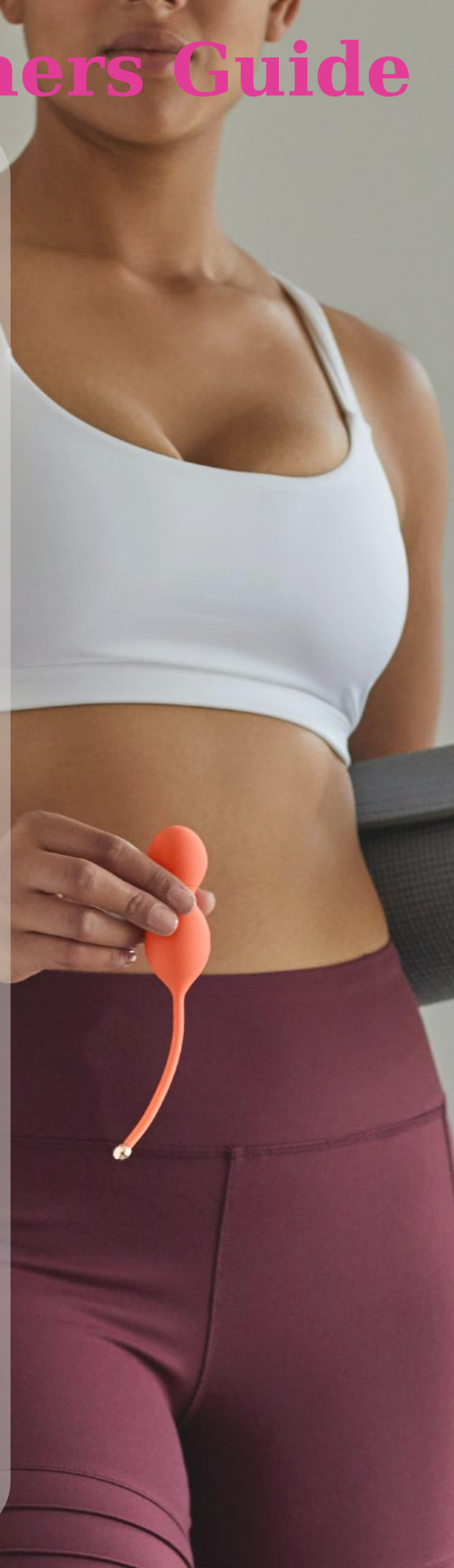
Kegels - A Beginners Guide

Kegel balls, or Ben Wa balls, are used to strengthen vaginal and pelvic floor muscles. They are small, weighted balls that come in varying different weights and sizes to help you contract and release the pelvic muscles with ease.

But there is more to Kegel balls than just getting your pelvic floor into shape. They're also better known for enhancing sexual pleasure, with other names such as orgasm balls, Venus balls, geisha balls, love balls, and pleasure balls.

Kegels may or may not come with an attached retrieval cord, for easy removal. How they work is once inserted in to the vaginal canal you clench the muscles to hold them in place. Much like holding in a wee.

To insert it can be easier to lay on your back, use plenty of waterbased lube and of course wash the kegels and your hands before hand. Slowly and gentle insert the ball as far up as comfortable.





They should feel secure inside you. If you feel like they're about to fall out, or the ball is visible outside of your vaginal opening, gently push them deeper into your vagina.



If you are wanting to strengthen, then it is always best to consult a doctor or a womens physio to get the best advice. Excerises can be done while wearing your kegels and the the weight of balls and length of time worn will depend on how weak your pelvic floor is , as you gain strength you can add more weight and wear them for longer periods of time.



Removing your Kegel Balls

If your Kegel balls have a removal string or loop, you should:

- 1.Lay down in a comfortable position.
- 2.Add more lube to your vaginal opening.
- 3.Slowly pull on the removal string until they slide out.



If your balls are separated, you should:

- Stand with your feet slightly wider than hip distance apart.
- Slightly bend your knees until you're in a comfortable squat.
- Squeeze your vaginal muscles to push them out, much like with another sex toy or even a tampon.

If the balls don't come out right away, try to remain calm. You may be able to coax them out by adding more lube. You can also cough, move around, or even jump up and down to help your muscles contract and release.

USING KEGALS FOR PLEASURE

Using Kegels will enhance the sensations of what ever you are doing. Kegel balls can come as a solid ball made of either plastic, silicone or even metal, but many have a smaller ball inside that moves

around creating a 'jiggling' movement when you move.

To start just try laying down and clenching the muscles around the balls. As you become more aroused you can experiment with different sensations and movements.

Try grabbing a vibrator and rubbing it around your clitoris and vaginal opening.

Once your comfortable with wearing them why not slip them in before your date. With every movement while your out your body will react.. Just imagine how "ready" you will be by the time you get home.



As with any exercise there are things to be mindful of to keep you safe. As mentioned earlier we advise you seek medical advice first especially if you do have pelvic floor weakness. Here are a few tips:

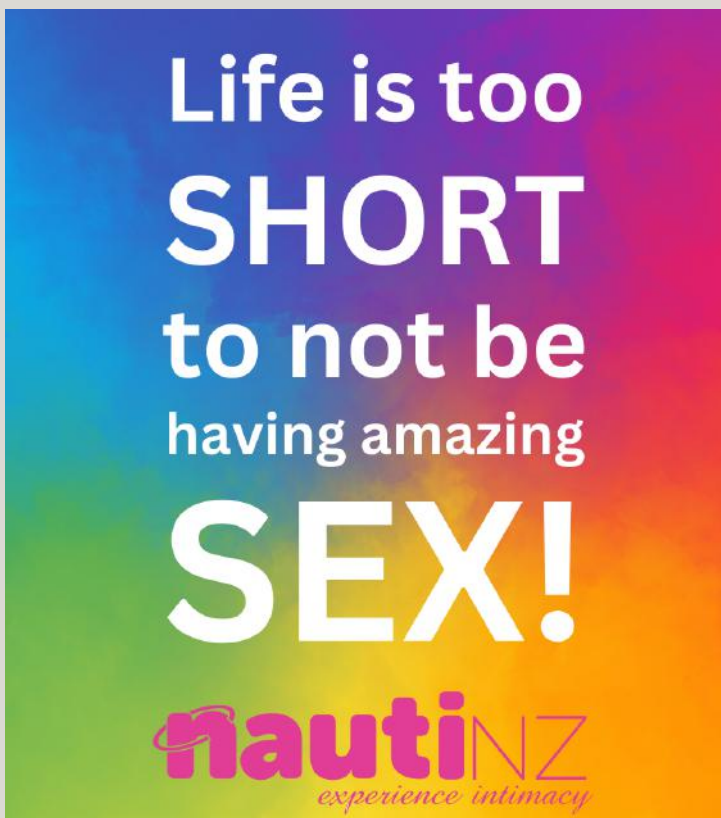
You should only squeeze for about 5 seconds at a time, with breaks of at least 5 seconds between. Squeezing for too long or without a break could overexert your vaginal muscles and cause a temporary strain.

You shouldn't keep in your Kegel balls in for more than four to six hours at a time. Any longer and you may begin to overexert your pelvic floor muscles.

You should also clean your Kegel balls before and after every use. Using contaminated Kegel balls can result in infection.

Discontinue use and see your doctor if you begin to experience:

severe pain or discomfort
unusual discharge
unusual odor



The La Nua x Femme Funn Gift Bag includes an exclusive La Nua Green Ultra Bullet + 100ml mist toy cleaner + 100ml water-based flavoured lubricant!



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Not absorbed into skin.

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Absorbed into skin

Performance Spray STRONG

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Absorbed into skin



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