Data current as of: 03-11-2026 16:59

Link to the product: https://sforne.com/intense-kisha-fit-one-silicone-kegel-lilac-p-4756.html



INTENSE - KISHA FIT ONE SILICONE KEGEL LILAC

Price	**10.65 £**
Number	**70137598**
Producer code	**FETISHID-216049**
EAN	**842540215697**

Product description

Intense presents a method to strengthen and tone the pelvic floor muscles. A simple and effective habit against small urine losses. The intense balls made of medical grade silicone are spheres that have another ball inside and that, with the movement of the body when walking, generate vibrations that make the pelvic muscles react with gentle contractions.

A simple and effective habit against small urine losses. Benefits of using Intense balls. The intensen balls help maintain good muscle tone of the pelvic floor, helping to remit and even prevent small urine losses and maintain the youth of the female intimate area. Gynecologists and therapists around the world recommend its use to women of all ages to prevent the appearance of minor urine loss.

The pelvic floor is a set of muscles that supports the entire lower abdomen, like a protective arch of support for the urinary bladder, uterus, and the lower part of the large intestine.

The weakening of the pelvic floor muscles can cause some disorders such as urinary incontinence, prolapses or sexual dysfunction. There are several factors that contribute to their weakening, such as age, menopause, overweight, genetic inheritance and, above all, pregnancy and childbirth.

Uterine distension, hormonal activity and the effort of childbirth contribute to the wear and tear of these muscles. For the pelvic floor organs to function properly, the pelvic floor muscles must be healthy and strong.

Placed at the bottom of the vagina, the intense balls allow the pelvic muscles to contract while the woman walks, achieving a vibration from the collision of one ball against another, toning the vaginal muscles.

Thus, we unconsciously manage to tone and strengthen the pelvic muscles, which allows us to improve urinary incontinence and even prevent its appearance, as well as maintain the youth of the female intimate area.

Remember that all Intense products are medical grade silicone that is safe for your body.

- Measures; 4 x 13cm
- Weight; 43 grams
- 100% silky soft silicone free of phalates.

It is recommended to use waterfeel water-based lubricant and clean after use with the waterfeeel toycleaner.

Brand characteristics

Brand characteristics: selected INTENSE products available at Sforne with discreet delivery and clear product information.

Kegel Guide

Benefits of Kegel Training

Stronger pelvic floor muscles improve bladder control, enhance sexual sensation (for both partners), and speed postpartum recovery.

Most users notice improvements within 4-6 weeks of regular (daily) use.