Data current as of: 03-11-2026 09:11

Link to the product: https://sforne.com/nalone-yany-beads-chinese-balls-p-4588.html



NALONE - YANY BEADS CHINESE BALLS

Price	**65.14 £**
Number	**70137430**
Producer code	**FETISHID-207042**
EAN	**700461169833**

Product description

Leading kegel exercises for health and pleasure.

Nalone Yani™ are the world's number one selling Kegel exercise system.

Manufactured for the first time in Aluminum, it allows 100% optimal hygiene and is safe for the body.

- It includes two interchangeable sets, only with Nalone Yani it will allow a strengthening of the pelvic floor and you will gain quality of sexual life.

Yani's elegant version of the classic 'ben wa' balls provides users with longer-lasting, more intense and more easily achievable orgasms, a reduced risk of suffering from incontinence and other pelvic floor problems, as well as a rapid recovery of tone and of elasticity after childbirth. Additionally, they are the only Kegel exercise system that allows you to mix and match weights.

Each set includes four 30 g balls. (Gold) and two 40 (Blue)g. which can be combined thanks to the silicone connector to create personalized exercise routines.

1. Clean before use

2. Apply a water-based lubricant before use

3. Step 1: Empty the bladder before inserting the balls into the vagina. Step 2: Insert one ball at a time. They are inserted in a similar way to vaginal tampons. If you have trouble inserting them, elevate one leg or lie down to insert them. Keep the silicone bead outside the body so that the ball can be removed. Step 3: To hold the balls in your vagina, contract your leg muscles and then your PC muscles. See diagram below: Step 4: Kegel balls should be kept inside the vagina for at least 15 minutes a day to strengthen the PC muscles. For a better result, it is recommended to leave them inside for a longer time.

Use tips

Always start with the smallest ball and exercise for 15 minutes. You can add 5 minutes a day until you reach 30 minutes per session.

Suggested training plan

- • Week 1 – 1 30g golden ball
- • Week 2 – 1 blue ball of 40g
- • Weeks 3 and 4 – Combine 2 30g golden balls

- • Weeks 5 and 6 – Combine 1 30g gold ball with 1 40g blue ball
- • Weeks 7 and 8 – Combine 2 40 gold balls

Warnings

◆ Do not use during pregnancy or menstrual cycle

◆ You may feel discomfort the first day of use, until your body gets used to physical exercise.

◆ If discomfort continues or you experience any other side effects, stop using the balls and consult your doctor. Made with the highest quality silicone

Opening a box of NALONE products is a guarantee of quality. Each product is wrapped in an elegant and unique rigid white

box, in which you will find inside

- Yany Balls
- satin cover
- 1 year warranty
- User manual
- Instructions for use

Brand characteristics

Brand characteristics: selected NALONE 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.