Data current as of: 03-11-2026 18:22

Link to the product: https://sforne.com/ohmama-pelvic-floor-rehabilitation-p-5262.html



OHMAMA - PELVIC FLOOR REHABILITATION

Price	**53.82 £**
Number	**70138104**
Producer code	**FETISHID-230968**
EAN	**8435565935306**

Product description

Oh mom! Do you still not know the advantages of strengthening the pelvic floor? Did you also not know that pelvic floor and sexual health are closely related?

When the pelvic floor muscles weaken and do not perform their function optimally, incontinence and back pain can occur, as well as sexual dysfunction that, if not addressed with determination and naturalness, could seriously affect the quality of life and cause a lot of suffering.

Ohmama brings you a treatment based on performing Kegel exercises to strengthen the pelvic floor muscles through a gradual increase in weights.

- Pelvic floor developer
- Soft silicone cover
- No phthalates
- Soft and thin for easy insertion
- Ergonomic design
- Four pesos. Remember to increase them progressively: 5 gr 10 gr 20 gr 30 gr
- It is recommended to insert it with Agua Quality lubricants.
- Cloth bag for transport and storage included
- Presentation in sealed hygienic bag

How to use:

- Start treatment without any weight in the vagina as if it were a tampon.
- Try to keep it inserted for 15/20 min.
- You should remain standing or moving during this time, never sitting or resting.
- By own weight will tend to descend and fall; This will generate a spontaneous reflex of contraction of the pelvic floor muscles.
- Maintain this routine for the necessary days until you can support (retain) this weight with complete comfort.
- Add the next weight and repeat the process daily

THE BRAND

The OHMAMA range of products is perfect for gifting. A product available to everyone with perfect quality. A unique combination in this special line of toys for adults

Brand characteristics

Brand characteristics: selected OHMAMA 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.