

HARMONY STONES

Natural Kegel Balls for Yoni & Pelvic Floor Training





INDEX

Crown Chakra. <i>Amethyst</i>	4
Heart Chakra. <i>Pink Jade</i>	5
Solar Plexus Chakra. <i>Tiger's Eye</i>	6
Sacral Chakra. <i>Carnelian</i>	7
Nervous System. <i>Crystal</i>	8
Revitalization. <i>Bianstone</i>	9
How to use	11
<i>Prepare the Stones</i>	
<i>Insert the Kegel Stones</i>	
<i>Pelvic floor exercise</i>	
Precautions & Warnings	14
Weights Table	15
Product Measures	17

CROWN CHAKRA

Amethyst



The Crown Chakra, positioned at the top of the head, connects to:

Spirituality, Enlightenment
and higher ***Consciousness***.



Balanced Chakra

It fosters wisdom, spiritual connection, and a sense of unity with the universe. It transcends ego and brings profound inner peace and serenity.



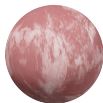
Imbalanced Chakra

It can make you feel isolated, disconnected, and out of touch with anything beyond yourself.



HEART CHAKRA

Pink Jade



The Heart Chakra, located at the center of the chest, governs:

Love, Compassion,
and *Empathy.*

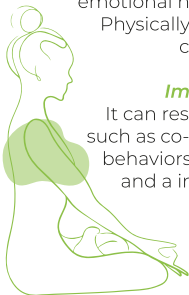


Balanced Chakra

It fosters harmonious relationships, emotional healing, and self-acceptance. Physically, it influences cardiac and circulatory health.

Imbalanced Chakra

It can result in problematic issues, such as co-dependency, manipulative behaviors, feeling of unworthiness, and a inability to trust yourself.



SOLAR PLEXUS CHAKRA

Tiger's Eye



The Solar Plexus Chakra, located at the upper abdomen, empowers:



Personal Power, Confidence, and Self-esteem.

Balanced Chakra

It fosters inner strength, assertiveness, and healthy boundaries. Physically, it influences digestion and metabolism, promoting a sense of purpose and vitality.

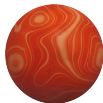
Imbalanced Chakra

It can cause fatigue and low physical and mental energy. Physically, it influences digestive issues.



SACRAL CHAKRA

Carnelian



The Sacral Chakra is located at the reproductive region. It's the energy that connects you to:



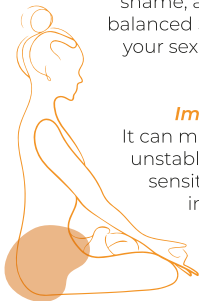
***Pleasure, Sexuality
and Joy.***

Balanced Chakra

It should eliminate feelings of guilt, shame, and self-esteem issues. A balanced Sacral Chakra will awaken your sexual desire, intimacy, and creativity.

Imbalanced Chakra

It can make you feel emotionally unstable. You will either be too sensitive, or you will not be in touch with your emotions at all.



Nervous System

Crystal



Crystal is versatile and is known for:

Cleansing and
Amplifying properties.



***Amplify the energy
of other crystals***

It can be placed on any chakra to enhance energy flow and clarity of mind.

Crystal also aids in meditation, spiritual growth, and manifestation of intentions.



REVITALIZATION

Bianstone



Bianstone, a type of healing stone originating from China, is believed to possess:



Therapeutic properties.

Beneficial Properties

It's often used in massage therapy to promote relaxation, relieve muscle tension, and improve circulation.

Placed on specific acupoints, it's thought to balance energy flow and enhance overall well-being.

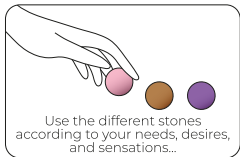




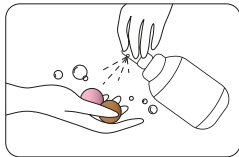
HOW TO USE KEGEL HARMONY STONES

Prepare the *Kegel Stones*

- 1** Select the stones you want to use depending on their properties.



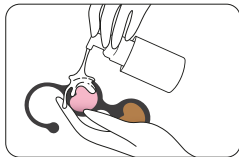
- 2** Wash the Kegel stones with warm water and antibacterial soap.



- 3** Insert the stones into the *Silicone String*.

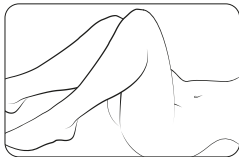


- 4** Rub a generous amount of water-based lubricant on the stones to make them easy to insert.

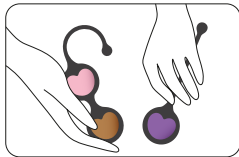


How to insert the *Stones*

- 1** Lie down in a comfortable position.



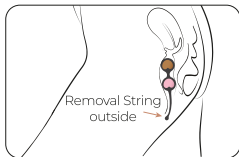
- 2** Choose between the one-stone or the two-stone Kegel ball to start exercising.



- 3** Slowly and steadily insert the chosen product. Insert it into your vagina as far as you are comfortable with.



The *Removal String* should hang outside your vagina. Make sure it's not accidentally tucked in with the rest of the stones.



4

Contract your pelvic floor muscles to hold the Kegel stones inside you and start doing *Kegel exercises*.

Exercise example:

Contract your pelvic floor muscles and lift and squeeze the Kegel stones, **hold** the contraction for **5 seconds**, and then **relax** for another **5 seconds**.

Repeat this set 5 times in a row to complete the set.

PRECAUTIONS

Keep out of reach of children. This is not a toy and contains small parts. For the final disposal of the product, place it in the grey container of general waste.

WARNINGS

- Product for private use (do not share to avoid risk of contagion).
- Do not use the product if it is not complete or any of its components are missing.
- The product must be used only in the indicated area.
- Do not use the product if the surface is damaged or there is a fracture or break in any of the components.
- Do not insert objects not indicated in the product.
- Do not exceed the recommended use time of the product (1 hour), which may cause muscle fatigue.

WEIGHTS TABLE

	<i>Pink Jade</i>	<i>38 gr.</i>
	<i>Tiger's eye</i>	<i>38 gr.</i>
	<i>Carnelian</i>	<i>38 gr.</i>
	<i>Bianstone</i>	<i>38 gr.</i>
	<i>Amethyst</i>	<i>37 gr.</i>
	<i>Crystal</i>	<i>31 gr.</i>



13,4 / 18,3 Cm
Ø 3 Cm



Body Safe
Materials



Phthalates
Free



Super Soft
Silicone



Ergonomic



Waterproof



Find the instructions
in more languages:



SCAN the QR and
Click on "**Product Manual**"



Exploring senses
www.adrienlastic.com



Adrien Lastic®
Exploring senses