

Information Sheet 21: Smartballs: the modern version of an ancient device

Visual Feedback	No
Adjustable Resistance:	No
Resistance Type:	Weight/gravity
Size:	Total length of duo balls: 100mm Diameter: 36mm Weight: 40g



Smartballs are designed and manufactured in Germany to the highest standards from Elastomed, which is odourless and hypoallergenic. The cord is fully coated in silicone and they are easy to clean with soap and water, with no disinfecting required.

A product of the FunFactory - the source of some of the world's most innovative adult toys - Smartballs were originally designed as pleasure devices for women. They are a modern version of an ancient women's pleasure device, known by various names in different places and times, including vaginal balls, orgasm balls, ben-wa balls or geisha balls.

With research now showing that vaginal balls can be an effective means of building pelvic floor strength, Smartballs' value as an exercise device has been recognised, with some German midwives endorsing and even selling Smartballs to their clients.

Smartballs are slightly elliptical in shape, with internal weights in each ball. Inserted vaginally, the weights move silently to provide a workout of the pelvic floor.

The fun image of SmartBalls, along with their link to adult toys, means that they appeal to women seeking a hint of spice in their pelvic floor exercising, especially as they can be worn - secretly - for several hours. However their relatively light weight (40g), yet wide base (36mm diameter) mean that they may also offer a starting point for women with a weakened pelvic floor who are unable to hold a cone.

Insertion of Smartballs is sometimes made easier by the use of a very small amount of lubricant. Smartballs come packaged with a small sachet of FunFactory's own lubricant. For ongoing use, we recommend Sylk Natural Personal Lubricant for this purpose.

Our separate information sheet ***Using Vaginal Balls*** provides information on using SmartBalls.

Catch up on ABC Radio's Health Report story on using vaginal balls to strengthen the pelvic floor (12 Dec 2005):
<http://www.abc.net.au/rn/healthreport/stories/2005/1529193.htm>