

The Myth of the Ben Wa Balls

by Lara Bennett, for Blue Boutique

Ever since *Fifty Shades* became a book club staple, **Ben Wa Balls** have been flying off our shelves. Designer Toy Company Fun Factory reported a 300% increase in sales after the publication of the soccer-mom-sadomasochism series. Unfortunately, the book paints a picture of **Ben Wa balls** that isn't quite true. Women buy **Ben Wa balls** with the expectation that they'll provide this sexy, kinky, weird sensation that will make them spontaneously orgasm when worn to dinner parties. This is NOT the case. **Ben Wa Balls** are not intended to stimulate you while you're wearing them. The benefits of ben wa will reveal themselves AFTER use.

An old joke goes, "every time I say KEGEL, you do one." The point of **Ben Wa balls** is to strengthen a woman's pelvic muscles. These small spheres should have weights inside that will reverberate with motion. That motion causes a woman's vaginal muscles to involuntarily contract because the body unconsciously tries to prevent whatever's in there from slipping out. Why is having strong pelvic muscles so important? Well, when you exercise a body part, it gets bigger. Therefore, during intercourse with a male, your vagina will create a tighter fit for the penis. And then! When a penis is inside you, you can contract those muscles and do all sorts of fancy tricks that will drive him crazy. This is also useful for faking an orgasm, which all of us at Downtown Blue Boutique do absolutely NOT recommend. But sometimes, you know, you just gotta. But, kegel exercises will help you have more control over your orgasms, so faking it should never be an issue! Kegel exercising will also help prevent incontinence issues.

Ben Wa balls come in all shapes and sizes, but if you want a quality made kegel exerciser, you've got to get either the Luna Beads from Lelo, or Fun Factory's Smart Balls. These products are going to work, and they are made from the most hygienic materials available. Don't be disappointed when you introduce the balls into your orifice and don't feel waves of sultry sensation. That isn't their function. You will feel those results in time, as your muscles become strong, and you have orgasms that are incredibly intense. Stop by **Blue Boutique** to find out more!

