

how to use ben wa balls

How to Use Ben Wa Balls: A Complete Guide to Enjoying Their Benefits

how to use ben wa balls is a question many people have when they

Frequently Asked Questions

What are Ben Wa balls used for?

Ben Wa balls are used primarily for pelvic floor exercises to strengthen vaginal muscles, improve bladder control, and enhance sexual pleasure.

How do I insert Ben Wa balls properly?

To insert Ben Wa balls, start by washing your hands and the balls with warm water and mild soap. Apply a water-based lubricant to the balls, then gently insert them one at a time into the vagina, similar to inserting a tampon.

How long should I keep Ben Wa balls inside?

Beginners should start with 10 to 15 minutes and gradually increase the duration up to 30 minutes to an hour as their pelvic muscles strengthen.

Can Ben Wa balls help with postpartum recovery?

Yes, Ben Wa balls can help strengthen pelvic floor muscles after childbirth, aiding in recovery and reducing the risk of incontinence.

Are there different sizes of Ben Wa balls?

Yes, Ben Wa balls come in various sizes and weights, allowing users to start with larger, lighter balls and progress to smaller, heavier ones for increased muscle training.

How do I clean Ben Wa balls?

Clean Ben Wa balls before and after each use with warm water and mild antibacterial soap or a specialized toy cleaner. Ensure they are completely dry before storing.

Can I use Ben Wa balls during exercise?

Yes, you can wear Ben Wa balls during light activities like walking or yoga to engage your pelvic muscles, but avoid high-impact exercises to prevent discomfort.

Are Ben Wa balls safe to use?

When used properly and cleaned regularly, Ben Wa balls are safe. However, avoid using them if you have infections, pelvic pain, or during menstruation unless advised by a healthcare professional.

How do Ben Wa balls improve sexual pleasure?

By strengthening the pelvic floor muscles, Ben Wa balls increase vaginal tone and sensitivity, which can lead to heightened sexual pleasure and stronger orgasms.

Additional Resources

How to Use Ben Wa Balls: A Professional Guide to Safe and Effective Practice

how to use ben wa balls is a question that surfaces frequently among individuals interested in pelvic floor health, intimate wellness, and enhancing sexual pleasure. Originally rooted in ancient traditions, ben wa balls—also known as kegel balls or love balls—have evolved into popular devices designed to strengthen pelvic muscles, improve bladder control, and heighten sensitivity. This article delves into the

practical aspects of using ben wa balls, examining their benefits, appropriate techniques, and precautions to ensure a safe and effective experience.

Understanding Ben Wa Balls and Their Purpose

Ben wa balls are small, weighted spheres typically made from materials such as silicone, metal, or glass. They are designed to be inserted into the vagina, where the pelvic floor muscles engage to hold and maneuver the balls. This muscular activity mimics kegel exercises, promoting muscle tone and endurance.

These balls come in various sizes, weights, and designs, including single or multiple balls connected by strings for easy removal. Their intended benefits range from strengthening pelvic muscles to enhancing sexual satisfaction by increasing blood flow and sensitivity in the vaginal walls.

The Physiological Impact of Using Ben Wa Balls

The pelvic floor supports essential functions, including urinary control, childbirth recovery, and sexual health. Over time, factors such as aging, childbirth, and sedentary lifestyles can weaken these muscles. Ben wa balls stimulate muscle contractions as the body naturally attempts to retain them, effectively serving as resistance training.

Clinical studies suggest that regular pelvic floor training can reduce urinary incontinence and improve sexual function. Incorporating ben wa balls into a routine may provide a more engaging alternative to standard kegel exercises, potentially increasing adherence and enjoyment.

Step-by-Step Guide: How to Use Ben Wa Balls Safely

Using ben wa balls correctly is crucial to maximize benefits and avoid potential discomfort or injury.

Below is a detailed procedure to help users integrate ben wa balls into their wellness regimen:

- 1. Choosing the Right Ben Wa Balls:** Select balls appropriate for your experience level. Beginners should opt for lightweight, larger-sized models, while experienced users might prefer smaller, heavier balls to increase resistance.
- 2. Preparation and Hygiene:** Thoroughly wash your hands and clean the ben wa balls with warm water and a mild, fragrance-free soap or a specialized toy cleaner. Ensure the balls are completely dry before use.
- 3. Applying Lubrication:** Use a water-based lubricant to facilitate comfortable insertion. Avoid silicone-based lubricants if the balls are made of silicone, as this can degrade the material.
- 4. Insertion:** Find a comfortable position such as lying down or standing with one leg elevated. Gently insert the balls one at a time, allowing your muscles to relax during this process.
- 5. Engaging Pelvic Muscles:** Once inserted, attempt to contract your pelvic floor muscles to hold the balls in place. Start with short sessions of 10 to 15 minutes and gradually increase as comfort allows.
- 6. Movement and Activity:** Gentle walking while wearing ben wa balls can intensify muscle engagement, but avoid strenuous activities initially.
- 7. Removal:** Relax your muscles and slowly pull the retrieval string or gently extract the balls with clean hands. Clean the balls thoroughly after each use.

Recommended Usage Frequency and Duration

For optimal results, users are advised to start with short daily sessions, approximately 10 to 15 minutes, three to four times a week. As pelvic muscle strength improves, session duration and frequency can be increased. However, it is important to listen to your body and avoid overexertion or prolonged use that could lead to irritation.

Comparing Different Types of Ben Wa Balls

The market offers a variety of ben wa balls catering to different preferences and needs. Understanding their characteristics can help users make informed choices.

- **Material:** Silicone balls are soft, body-safe, and easy to clean, whereas metal or glass balls offer greater weight and durability but may feel colder initially.
- **Weight:** Lighter balls are ideal for beginners; heavier balls provide more resistance for advanced users.
- **Design:** Some balls are solid, while others contain internal moving parts that create additional vibrations during movement, potentially enhancing stimulation.
- **Shape and Size:** Larger balls are easier to hold and insert, suitable for novices; smaller balls challenge muscle control more effectively.

Pros and Cons of Using Ben Wa Balls

Like any wellness tool, ben wa balls present advantages and limitations that users should consider.

- **Pros:**

- Improved pelvic muscle tone and bladder control
- Potential enhancement of sexual pleasure and orgasm intensity
- Non-invasive and discreet usage
- Can be integrated into daily routine without significant time commitment

- **Cons:**

- Requires consistent practice for noticeable benefits
- Inappropriate use may cause discomfort or infection if hygiene is neglected
- Not suitable for all individuals, especially those with certain pelvic conditions or infections
- Some users may experience initial learning curve or difficulty in muscle control

Precautions and Contraindications

While ben wa balls can be a beneficial addition to pelvic health practices, certain precautions are essential.

- **Consult Health Professionals:** Individuals with pelvic organ prolapse, active infections, or recent pelvic surgery should seek medical advice before use.
- **Hygiene Practices:** Always clean the balls before and after use to prevent bacterial infections.
- **Material Sensitivities:** Choose hypoallergenic materials to avoid allergic reactions.
- **Stop Use if Discomfort Occurs:** Any pain, unusual discharge, or irritation should prompt immediate discontinuation and consultation with a healthcare provider.

Integrating Ben Wa Balls into a Holistic Pelvic Wellness Routine

For individuals committed to pelvic health, ben wa balls can complement other practices such as traditional kegel exercises, yoga, and physical therapy. Combining these methods may accelerate muscle strengthening and improve overall well-being. Additionally, maintaining a healthy lifestyle with regular exercise, balanced nutrition, and hydration supports pelvic function.

Over time, users may notice improvements not only in muscle tone but also in confidence and comfort in intimate settings. This dual benefit underscores the appeal of ben wa balls as both a therapeutic and pleasurable wellness tool.

The use of ben wa balls entails a thoughtful approach grounded in knowledge and attentiveness to

one's body. By understanding how to use ben wa balls properly, individuals can harness their potential to enhance pelvic strength and intimate health in a safe, effective manner.

How To Use Ben Wa Balls

how to use ben wa balls: What Your Mother Never Told You About Sex Hilda Hutcherson, 2003-02-04 In her ob-gyn practice, Dr. Hilda Hutcherson has seen women of all ages who have questions about sex. Now, in this down-to-earth book, she answers those questions and more as she addresses every sexual matter that has an impact on the lives of women. Combining up-to-date medical science with good old-fashioned girl talk, Dr. Hutcherson discusses sex in a lively tone that's as educational as it is engaging. With facts on female (and male) anatomy, aphrodisiacs, fantasy, orgasm, birth control, and more, she shows how to overcome sexual problems — and achieve sensational sensual experiences. Your mother may not have known what to tell you about sex, but Dr. Hutcherson will give you a real, honest education on sex and sexuality. And with a special chapter on talking to your daughter, you can pass your wisdom on to the next generation.

how to use ben wa balls: Pleasure Betony Vernon, 2025-09-02 Deep sexual satisfaction means a happier mind and body. This intimate bedroom companion invites women to get to know their own body, unlock its full potential, and find the key to truly satisfying sexual pleasure. Whatever their sexual orientation or relationship status, women can enjoy and share truly satisfying sexual pleasure at any stage of life. Erotic maestra Vernon, who has taught sensual wellness for individuals, couples, and groups internationally for over twenty years, gives uninhibited guidance on all aspects of sexuality. Her joyful, sex-positive point of view brings imagination and empowerment to sex in the twenty-first century. This comprehensive and instructional tour of the contemporary sexual landscape fills those niches missing from other sex guides. "The Anatomy of Desire" explores the female form, from the G-spot and beyond, "Coaxing the Sexual Vibration" guides lovers through the many paths to female orgasm into a world of sexual pleasure, while "Paradise Found" expands the boundaries of the sexual arena, from titillating toys to rosebud play and beyond. This is a highly engaging, intimately written book for women—and men—to really understand the female body and to take control of their own sexual pleasure.

how to use ben wa balls: How to Use the Yoni Egg for Sensual Healing Grace Diaz, 2018-02-01 This book is a first-class guide into one of the most empowering practices for women: the yoni egg practice. This book covers step by step how to use the yoni egg, an egg-shaped crystal for the vagina, for optimal pelvic floor health and sexual wellness. The yoni egg practice is a booming trend that has resurfaced from thousands of years ago from the east. This book seeks to answer the questions of tens of thousands of women worldwide who use yoni eggs. Topics such as how to use it, healing trauma, orgasm, feminine cultivation, menstrual bleeding, pregnancy, incontinence, menopause, miscarriage, and more are all discussed in this book. This book is for all women of all ages who may be a beginner or advanced at using the yoni egg. This book focuses on safely helping you make progress with their yoni egg in a manner that will stimulate you into orgasmic womb wisdom.

how to use ben wa balls: The Good Vibrations Guide to Sex Cathy Winks, Anne Semans, 1994 CiP has the subtitle How to Have Safe Sex in the 90s. The publisher's title continues Tips and Techniques from the Folks Who Run America's Favorite Sex Toy Store. Published by Cleis Press, PO Box 8933, Pittsburgh, PA 15221. Annotation copyright by Book News, Inc., Portland, OR

how to use ben wa balls: The Pelvic Floor Handbook Cassidy J. Parrish, 2023-11-29 Navigating the complex world of pelvic floor health can seem daunting, but you are not alone. In The Pelvic

Floor Handbook: A Guide to Understanding and Treating Pelvic Floor Disorders, we delve deep into one of the most crucial yet often overlooked components of our physical health – the pelvic floor. This comprehensive guide aims to enlighten readers about the significance of pelvic floor health, its influence on the overall well-being, and the multitude of disorders related to it. As you navigate through the book, you will get acquainted with the intricate anatomy and function of the pelvic floor. We clarify the causes behind various disorders, such as urinary incontinence, fecal incontinence, pelvic organ prolapse, and pelvic pain disorders, offering a practical roadmap to diagnosis and treatment options. From non-surgical treatments like pelvic floor exercises and biofeedback therapy to surgical interventions, this guide elucidates every step towards the recovery journey. It highlights the critical role of lifestyle modifications, including diet, hydration, exercise, and weight management, in enhancing pelvic floor health. The book further delves into specific sections about pelvic floor health during pregnancy and postpartum, for men, athletes, and aging adults, presenting preventive measures and coping strategies that cater to their unique needs. Readers will also find assistance in managing the emotional impact of pelvic floor disorders, thereby providing a holistic approach towards physical and mental health. Furthermore, the book uncovers the interconnection between pelvic floor health and sexual function, offering techniques to improve both. Alongside, the exploration of alternative and complementary treatments such as acupuncture, acupressure, chiropractic care, and herbal remedies, ensures readers have a wide array of options at their disposal. Lastly, we offer a glimpse into the future of pelvic floor disorder treatment, spotlighting advancements, ongoing research, and innovation in the field. The Pelvic Floor Handbook: A Guide to Understanding and Treating Pelvic Floor Disorders is a comprehensive resource for those aiming to reclaim control over their health, encouraging them to seek help, treatment, and ultimately, improve their quality of life.

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how to use ben wa balls: Your Pelvic Floor Kim Vopni, 2021-03-09 This is the first pelvic floor health book aimed at ALL women, including trans women, outlining the importance of understanding your pelvic floor and how it impacts on overall health, fitness and wellbeing for life - not just around

pregnancy and childbirth. This book outlines symptoms of pelvic floor dysfunction, and shows you how to fix them. What is pelvic organ prolapse - which 50% of women will experience - and can it be prevented? Urinary incontinence is treatable with physio. Women on average suffer symptoms for 7 years before going to a healthcare professional which has a huge effect on mental health. Pelvic floor issues are often only talked about in relation to pregnancy and childbirth. This is not just a mum issue: high impact exercise (running, HIIT, CrossFit) affect the pelvic floor. Young athletes/gymnasts who have never had children are highly likely to suffer from incontinence. Women should not accept dysfunction as a normal part of being a woman, but instead need to prioritize their pelvic floor health - this book shows that it is never too early and, crucially, never too late to do so.

how to use ben wa balls: Pelvic Floor Disorders: A Woman's Guide to Pelvic Floor Health and Recovery Ethan D. Anderson, 2023-01-01 Regain control and embrace a life free from pelvic floor disorders. Discover the secrets to pelvic floor health and recovery with Pelvic Floor Disorders: A Woman's Guide to Pelvic Floor Health and Recovery. This comprehensive guide dives deep into the world of pelvic floor disorders, helping women understand, diagnose, and treat the various conditions that can impact their daily lives. In the introduction, you'll learn about the importance of pelvic floor health and its functions. Then, explore the anatomy of the pelvic floor and the factors that contribute to dysfunction. The book delves into common pelvic floor disorders, including urinary incontinence, fecal incontinence, pelvic organ prolapse, pain during intercourse, and many more. Understand the causes of pelvic floor disorders, from pregnancy and childbirth to aging, obesity, and menopause. You'll also learn about diagnosis methods, such as pelvic exams, ultrasounds, X-rays, and MRI scans. The book discusses various treatment options, including pelvic floor exercises, biofeedback, electrical stimulation, medications, and surgery. Strengthen your pelvic floor with detailed exercises like Kegels, squats, bridges, lunges, and planks. Find out how to improve your pelvic health with diet and lifestyle changes, such as staying hydrated, maintaining a high-fiber diet, and avoiding irritants like caffeine and alcohol. Gain valuable insight into strategies for coping with pelvic floor disorders, including physical therapy, support groups, and mental health counseling. Learn about the prognosis and emotional impact of pelvic floor disorders, as well as effective coping strategies for patients and caregivers. Explore the role of diet and stress in pelvic floor disorders, and understand the risks and complications associated with untreated conditions. The book concludes with a section on living with a pelvic floor disorder, providing answers to frequently asked questions and guidance for managing daily life. Pelvic Floor Disorders: A Woman's Guide to Pelvic Floor Health and Recovery offers essential knowledge and support for those suffering from pelvic floor disorders. Empower yourself with this invaluable resource and begin your journey to better pelvic health today. Table Of Contents Introduction To The Pelvic Floor What Is A Pelvic Floor? Importance Of Pelvic Floor Health Functions Of The Pelvic Floor The Anatomy Of The Pelvic Floor The Causes Of Pelvic Floor Dysfunction Common Pelvic Floor Disorders Urinary Incontinence Fecal Incontinence Pelvic Organ Prolapse Pain During Intercourse Pain In The Pelvic Area Urinary Urgency And Frequency Constipation Other Disorders Causes Of Pelvic Floor Disorders Pregnancy And Childbirth Aging Obesity Menopause Hysterectomy Chronic Coughing Heavy Lifting High-Impact Exercises Genetics Diagnosis Of Pelvic Floor Disorders Pelvic Exam Ultrasound X-Rays Mri Urodynamics Testing Treatment Options For Pelvic Floor Disorders Pelvic Floor Exercises (Kegels) Biofeedback Electrical Stimulation Medications Surgery Exercises To Strengthen The Pelvic Floor Kegel Exercises Kegel Balls Squats Bridges Lunges Planks Diet And Lifestyle Changes For Pelvic Floor Health Hydration High-Fiber Diet Avoiding Irritants (Caffeine, Alcohol, Acidic Foods) Maintaining A Healthy Weight Avoiding Constipation Strategies For Coping With Pelvic Floor Disorders Pelvic Floor Physical Therapy Support Groups Mental Health Counselling What Is The Prognosis For Pelvic Floor Disorder Coping With A Pelvic Floor Disorder Emotional Impact Of A Disorder Pelvic Floor Coping Strategies For Patients And Caregivers The Role Of Diet In Pelvic Floor Disorders The Role Of Stress In Pelvic Floor Disorders What Are The Risks And Complications Associated With A Pelvic Floor Disorder What Happens If You Don'T Fix Your Pelvic Floor? Living With A Pelvic Floor Disorder Frequently Asked Questions. What Causes A Weak Pelvic Floor? How

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Surgery? How Common Is Vaginal Prolapse? What Does Vaginal Prolapse Feel Like? Can You Feel A Uterine Prolapse With Your Finger? Is Walking Good For Prolapse? Can A Tampon Help Prolapse? Can You Be Intimate With A Prolapse? Can A Prolapse Burst? How Do You Get Rid Of A Prolapse Without Surgery? How Do I Know If My Prolapse Is Severe? What Is A Stage 3 Prolapse? What Causes A Vaginal Prolapse? Does A Prolapse Happen Suddenly? At What Stage Of Prolapse Require Surgery? What Can Be Mistaken For Prolapse? What Is The Most Common Organ To Prolapse? Are Squats Good For Prolapse? What Is The Best Sleeping Position For Pelvic Organ Prolapse? What Are 4 Types Of Urinary Incontinence? How Do You Fix Urinary Incontinence? What Are 3 Treatment Options For Incontinence? Does Urinary Incontinence Go Away? What Triggers Incontinence? What Are The First Signs Of Incontinence? Will Drinking More Water Help With Urinary Incontinence? What Is A Good Home Remedy For Incontinence? What Is The Most Effective Treatment For Incontinence? What Can A Gp Do For Incontinence? How Do Doctors Treat Incontinence? What Vitamin Helps With Bladder Control? What Is Average Age Of Incontinence Start? What Happens If Incontinence Is Left Untreated? When Should I See A Doctor About Incontinence? Why Can't I Hold My Pee All Of A Sudden As A Woman? Is Incontinence A Symptom Of Stress? Can Incontinence Be Repaired? What Makes Incontinence Worse? What Not To Drink When You Have Incontinence? Which Medications Cause Incontinence? How Long Does Incontinence Last? Does Incontinence Get Worse With Age? What Is The First Line Of Treatment For Urinary Incontinence? Does Magnesium Help With Incontinence? What Drinks Are Good For Your Bladder? What Is The Best Sleeping Position For Overactive Bladder? Can You Be Incontinent And Not Know It? How Do They Fix Female Urinary Incontinence? Should I Be Worried If I Can't Hold My Pee? How Do You Fix Bowel Incontinence? What Causes Bowel Incontinence? What Are The 4 Types Of Bowel Incontinence? How Do You Stop Bowel Incontinence Naturally? When Should I Be Concerned About Bowel Incontinence? Is Bowel Incontinence Life Threatening? Can Faecal Incontinence Be Cured? Why Do I Constantly Wipe After Bowel Movement? What Is It Called When You Can T Control Your Bowel Movements? How Common Is Bowel Leakage? How Do I Tighten My Sphincter Muscle? What Foods Can Cause Bowel Incontinence? How Can I Prevent Bowel Incontinence In Old Age? Is Bowel Incontinence A Normal Part Of Aging? What Cancers Cause Bowel Incontinence? How Do You Know If You Have Bowel Incontinence? Why Do I Get Skid Marks No Matter How Much I Wipe? How Far Should You Wipe After Pooping? How Long Should You Wipe After Pooping? What Are The Best Pads For Faecal Incontinence? What Kind Of Doctor Do You See For Bowel Incontinence? How Do You Know If Your Sphincter Is Damaged? Can A Loose Sphincter Muscle Be Repaired? What Are The Symptoms Of A Weak Sphincter Muscle? Is Bowel Incontinence Psychological? Have An Unanswered Question? Receive Another Book Free

how to use ben wa balls: Mothers and Daughters of Invention Autumn Stanley, 1995 Stanley traces women's inventions in five vital areas of technology worldwide--agriculture, medicine, reproduction, machines, and computers.

how to use ben wa balls: Quertext Gary Schmidt, Merrill Cole, 2021-08-24 Knowing that queer voices have been making themselves heard in Germany, Switzerland, and Austria decades before Stonewall, editors Gary Schmidt and Merrill Cole curated thrilling snapshots of prose fiction from more than twenty contemporary writers whose work defies stereotypes, disciplines, and expectations. These authors produce fiction for adults and young people that celebrates the multiplicity of the present, casts a queer eye on the past, and interrogates LGBTQ+ futures. These outstanding texts exemplify the glittering variety of styles, themes, settings, and subjects addressed by openly queer authors who write in German today. They explore identity, sexuality, history, fantasy, loss, and discovery. Their authors, narrators, and characters explore gender nonconformity and living queer everywhere from city centers to rural communities. They are gay, lesbian, bisexual, trans, and nonbinary. They are exiles, immigrants, and travelers through time and space. Witty, titillating, and a delight to read, Quertext opens up new worlds of experience for readers interested in queer life beyond the Anglophone world. Featuring work by Jürgen Bauer • Ella Blix • Claudia Breitsprecher • Lovis Cassaris • Gunther Geltinger • Joachim Helfer • Odile Kennel • Friedrich

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how to use ben wa balls: Sexy Origins and Intimate Things Charles Panati, 1998 Where did the word love come from? Has there ever been a gay pope? How did Valentine's Day originate? From the lascivious to the romantic, from the hard-core to the scientific and the scholarly, this engaging and eye-opening compendium of little known facts about sex is both informative and endlessly entertaining.

how to use ben wa balls: Just Tying Around... Rhonda Nelson, 2010-10-01 Meg Sugarbaker is living a secret life. By day she's a pastry chef. By night she's the notorious Desiree Moon, acclaimed onlinesex-toy critic. Which wouldn't be so bad if she had some experience. But she's about to get some—big time. Because when gorgeous Nick Devereau shows up at her door wearing nothing but a towel, all Meg wants to do is play with him.... Ultraconservative lawyer Nick Devereau is still wondering how he ended up at a sex-toy convention! He was just trying to straighten out his brother, Ron. Instead, he'd been talked into helping Ron expose Desiree Moon—the critic panning Ron's products—as a fraud. Only, once Nick sets eyes on Desiree, his plans take a radical turn. Yes, he'll still do his best to expose Desiree. But he'll be keeping her sexual secrets to himself....

how to use ben wa balls: Dead Girls Don't Wear Diamonds Nancy Martin, 2003-07-01 When a high society jewel thief winds up drowned at the bottom of a pool with a tacky garden gnome tied to her ankles, Nora must swing into action to save her old flame from a hasty murder charge.

how to use ben wa balls: Walk on the Wilder Side Serena Bell, 2021-09-23 His best friend's sister is rocking his boat. In the best way possible. Brody What's a bad boy doing hosting a book club on his boat? Excellent question. All I can tell you is, it's not going well. I forgot the bug wipes, the TP, and the hand sanitizer, we're out of wine, and... well, I may have made some people angry, if the Yelp reviews are any indication. The only way to dig myself out of this hole is to redeem myself by offering the best girls' nights out in town. Enter my best friend's sister. I've gone out of my way to avoid Rachel, since despite her good-girl rep, I can't seem to get her out of my head. Now she's in my boat... and if I don't watch myself, soon she'll be in my bed. Things are going surprisingly well between us... but I know myself, and I'm not this guy. I'm the guy you want for fantasy fulfillment, not the guy you want for forever. But what if I need this time to be different?

how to use ben wa balls: Blood Cruise Jake Bible, 2025-07-29 Ben Clow's plans are set. Drop off kids, pick up girlfriend, head to the marina, and hop on best friend's cruiser for a weekend of fun at sea. But Ben's happy plans are about to be changed by a tentacled horror that lurks beneath the waves. International crime lords! Deep cover black ops agents! A ravenous, bloodsucking monster! A storm of evil and danger conspire to turn Ben Clow's vacation from a fun ocean getaway into a nightmare of a Blood Cruise!

how to use ben wa balls: Macquarie Concise Dictionary Seventh Edition Macquarie Dictionary, 2017-03-28 This Macquarie Concise Dictionary Seventh Edition provides an up-to-date reference of Australian English, with wide coverage to meet the needs of the general dictionary user. Based on the comprehensive Macquarie Dictionary Seventh Edition, this volume includes words and meanings which are particular to our variety of English, as well as those common to the whole English-speaking world, with evidence sourced from corpus data. The Macquarie Concise Dictionary includes: · hundreds of new words and definitions such as Bechdel test, fat-shame, freecycle, lane filtering, robopoll · words relating to technology, the internet and social media, such as big data, cyberwarrior, digital tattoo, domotics, dox, listicle, live-tweet, smart buoy · words and phrases from regional Australia, such as early minute, four-pointer, mufti day, Stobie pole · illustrative phrases which clearly show how a word is used in context · valuable usage notes · etymologies (word origins)

how to use ben wa balls: Sugar Jenna Jameson, Hope Tarr, 2015-01-29 Join New York Times bestselling author Jenna Jameson (How to Make Love Like a Porn Star) for a wild erotic ride - Jenna's first tantalizing foray into fiction. Fleeing Los Angeles and her scarlet past, former porn star Sarah Halliday returns to her New York roots hoping to lose herself in the crowded city streets,

protected from the paparazzi's reach ... or so she thinks. A chance encounter with a returned war hero - now prominent executive Cole A. Canning - is the very last thing she wants or needs, or is it? When the handsome and deliciously kinky executive shows her that there are other ways to satisfy her needs (and he knows all of them), she finds herself in the middle of a sexual awakening, a true romance, and a happily ever after. But first she must confront her past - in more ways than one. The first book in Jenna and Hope's new series, *Sugar* is a succulent taste of good things to come.

how to use ben wa balls: My Storm Tiffany Patterson , 2022-05-02 I will choose to give myself over to him, but I'll never let him know my darkest secrets... Writing and storytelling has always been my means of escape. When the world around me was falling apart, and the adults I should've depended on proved evil, it was my vivid imagination that got me through. That same creativity rocketed me to becoming a New York Times' bestselling author. But what happens when the words stop coming? I need a spark, something that will reignite the creativity I've always depended on. Enter Jeremy Bennett, the dangerously sexy cousin-in-law to my sister. One look from him and all of my instincts warned me to stay far away. I know he's into unconventional relationships. Ones that involve floggers, paddles, and rules of submission. I should stay away from him, find some other means to break free from this writer's block. But the way he makes my skin burn with just one look is irresistible. And that constant sadness in his eyes mirrors my own. I'm drawn to him, and while I don't have any plans of letting him know my secrets, I may be open to submitting to him. But do I have what it takes to trust him enough to let go of my inhibitions? Will Jeremy catch me if I fall for him? And moreover, can I, with all of my brokenness, be what he needs? **My Storm is a BWWM romance that centers around two people with tragic pasts. Please read with caution as the book involves discussion of past childhood trauma and abuse.**

how to use ben wa balls: What the Dogs Have Taught Me Merrill Markoe, 2011-08-24 Award-winning comedy writer Merrill Markoe, the slightly warped mind behind *Stupid Pet Tricks*, is an old hand with dogs. She knows who's boss (they are) and the myriad ways a loving pet can make you feel guilty twenty-four hours a day. This new edition of Merrill Markoe's classic collection of humorous essays gives readers the choicest selections along with brand-new material. In these razor-sharp essays, Markoe recounts her dogs' phone chats with animal communicators, her search for past lives, and her brief stint as a stun gun saleswoman. She describes the workshop that taught her how to launch an Internet porn business and another that gave proper instruction in the esoteric art of becoming a dominatrix. She shares insight into what it is like to structure your day using only dog rules, how to spot a really horrible restaurant, and what it's like to have a romantic dinner with Fabio. There's even a bright side to preparing for the apocalypse: "At last, it is time to forget about fat grams and low cholesterol." This enchantingly rambunctious and boundlessly enjoyable book gives you Merrill Markoe at her best. You'll devour it in one sitting (and so may your pet).

how to use ben wa balls: Olives for the Stranger (Have Body Will Guard Book 4) Neil S Plakcy, 2023-11-01 Aidan and Liam face the Jasmine Revolution in Tunisia as protesters and police clash in the streets. A gay couple who live on a vineyard in the Tunisian countryside ask Aidan and Liam to protect their niece Leila, a young girl whose mother has been taken into police custody. Leila, though, has been raised by her religious parents to distrust, even hate, her gay uncles and anyone like them. For the first time, the bodyguards have to protect someone who embodies the world's prejudice against them. As the threats against Leila and her activist parents grow, hunky ex-SEAL Liam is stuck in the Tunisian countryside while teacher and novice bodyguard Aidan travels to France on his own with Leila. Liam must deal with his emotions once separated from his partner, while Aidan struggles to protect Leila and her father from a deadly villain as Liam has taught him. Both men must examine the depths of their love for each other while it seems the whole country is against them

how to use ben wa balls: Slippery When Wet Ines Johnson, 2016-09-25 He couldn't hold on until she let go. As a nurse, I spend my days in the supply closets and break rooms of the hospital making the egomaniacal surgeons grovel to get a whiff at what's beneath my scrubs. But when problems at home force me to stop playing at work and shape up to earn a promotion for much

needed funds, I go cold turkey and stop toying with the doctors. Unfortunately, that's when I catch the eye of a patient's brother. I need to stay away from the tall, tempting drink of water if I have any hope of getting the promotion and saving my family. Eagle may have met his match when I won't play by his rules and make him work harder than any woman ever has to get in her panties. But Eagle's up for the challenge, especially when I take him home to share him with a crew of my own. Slippery When Wet is the fourth in the Watchers Crew series; a scorching hot, urban romance series that explores themes of sexual awakenings, menage, and open relationships. If you like your heroes alpha and multiple, then you'll love the men of the Watchers Crew. Buy Slippery When Wet today and explore a world where there's always a happy ending, but it's shared.

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