

SOMAFLEX<sup>®</sup>



**INFORMATION LEAFLET**

Responsive Pelvic Floor & Vaginal Toner

For gentle internal toning  
through natural movement

## **Introduction:**

Thank you for choosing Soma Flex<sup>®</sup>, a reusable internal wellness product designed to move naturally with your body and support gentle, consistent internal toning as part of your everyday wellness routine.

**Please read this leaflet carefully before first use.**

- Wash your hands thoroughly.
- Clean Soma Flex<sup>®</sup> following the care instructions. (page 10)
- Take your time – insertion and removal are easier when your pelvic floor muscles feel relaxed.

## Time of use:

### Single Sizes & Pro Set

- Wear for up to **16 hours** per day.
- Always remove at night to allow your pelvic floor to rest.
- We recommend beginning with shorter periods to allow your body to adjust—such as 1 hour, then 2 hours etc. gradually increasing the duration to what feels comfortable for you.

### Vaginal Sizing Set

- Intended for short-term use of up to **60 minutes** per session.
- Used to select the size that's right for you prior to purchasing Soma Flex<sup>®</sup> long wear toner.

## Applying the cord

Your Soma Flex® is supplied with a Cord Set containing three silicone cords:

**Short, Medium, Long.**

Choose whichever length feels right for you. You may want the cord to sit within the vagina or extend beyond for ease of removal of your Soma Flex®.

## Fitting the cord – simple 3 step method:

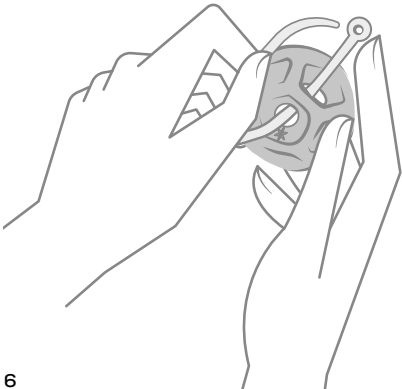
### 1. Thread the cord through the device

Insert the tapered end of the cord through any hole of Soma Flex® and guide it out through the hole next to it.



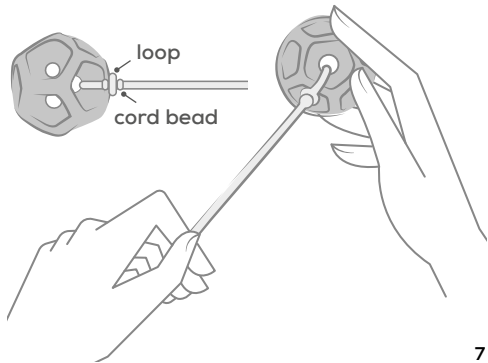
## 2. Secure the loop

Pass the tapered end through the loop at the opposite end of the cord.



### 3. Lock into position

Pull the tapered end to tighten the loop around the device. Ensure the loop passes over at least one bead to secure the cord in place.



## **How to place Soma Flex®:**

**Apply a water-based lubricant to Soma Flex® or to the vaginal entrance.**

**Find a comfortable position, such as:**

- Standing with one leg raised on a chair.
- Leaning slightly against a wall.
- Lying down with knees bent.

**To insert**

1. Hold Soma Flex® with the cord facing down.
2. Gently compress the device and ease it into the vagina using your fingers.
3. Adjust the position until it feels comfortable.
4. Move around (sit, stand, walk) to ensure it feels natural and doesn't fall out.
5. You should be able to urinate and empty your bowels with the toner in place.

**Tip:** Some individuals use different sizes for different activities or stages of life.

## **Removal:**

### **Remove Soma Flex®:**

- Before sexual activity.
- Before the recommended wear time ends.

### **How to remove**

1. Relax your pelvic floor muscles.
2. Gently bear down to lengthen your pelvic floor and lower the device.
3. If a cord is attached, gently pull while bearing down.
4. If you have not used a cord, with clean hands, use a finger to hook the center or lightly grasp the sides.
5. If Soma Flex® feels held by tissue, gently pull while contracting your pelvic floor muscles. Moving it side-to-side or rotating can help.

## **Care & cleaning:**

### **You will need**

- **Mild, unfragranced soap**
- **Warm water**

### **Cleaning steps**

- Initial Rinse
- Hold under warm running water.
- Rotate gently to remove residue.
- Avoid brushes or abrasive cloths.
- Can be boiled in water for 3 -5 minutes.
- Compatible with autoclave cleaning.

### **Soap Wash**

- Apply a small amount of mild, unfragranced soap.
- Clean around the surface and openings.

### **Final Rinse**

- Rinse for at least 30 seconds.
- Ensure all soap is removed.

### **Drying & storage**

- Clean before and after every use.

- Air dry fully.
- Once dried, either store safely or use immediately.
- Do not place on unhygienic surfaces.
- Do not pat dry.
- Store between 10°C and 30°C in a clean, dry container away from sunlight and moisture.

### **Warnings:**

- Do not use if you have a known silicone allergy.
- Do not use if under 18 years old.
- Do not use if pregnant (unless advised otherwise by a professional).
- Do not use if you have symptoms associated with endometriosis.
- Only use water-based lubricants.
- Mild surface discolouration may occur due to vaginal pH. This does not affect the performance of the product.
- Do not use if there is damage to the surface.
- For urgent health concerns, contact a healthcare professional.

## **Precautions:**

**Consult a healthcare professional**

**if you experience:**

- Difficulty inserting or removing Soma Flex®.
- Vaginal bleeding not related to menstruation.
- Pelvic infection, itching or irritation.
- Discomfort, pain or burning during use.
- Difficulty urinating or defecating.

## **Tissue interaction:**

Soma Flex® is thoughtfully designed for comfort, breathability and ease of use. Airflow openings help minimise vacuum formation and support comfort during wear. Due to individual anatomy and pelvic floor tone, vaginal tissue may occasionally interact with these openings. This is normal and varies from person to person.

## **Why tissue interaction occurs**

- Soft vaginal tissue may naturally settle into the openings.
- Individuals with softer or more relaxed muscle tone may notice this more frequently.

## **How to manage or reduce tissue interaction**

- Pelvic floor exercises.
- Ensuring correct size and fit.
- Periodic removal, rinse, and reinsertion.
- Use of water-based lubricants or moisturisers.
- Topical oestrogen products (with professional guidance).

## **If tissue becomes engaged**

- Hold the device (or cord) and gently pull while contracting the pelvic floor.
- Side-to-side movement or rotation can help release tissue naturally.

## **Sustainability:**

Soma Flex® is reusable for up to six months with proper care. Choosing a reusable wellness product supports long-term personal and environmental wellbeing.

## **Your comfort matters:**

Soma Flex® adapts to your natural movements, supporting gentle internal toning and a comfortable internal connection throughout your day.

If you have feedback or questions, we'd love to hear from you – your experience helps us continue to improve our products -

**[somalives.com](https://somalives.com)**

# SOMATHERAPIES

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TONING**

  
SOMATHERAPIES

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