## **AWKWAND**SLAITHERS

## Quick use:



1. Grab the handle



2. Insert slowly



3. Twirl



4. Remove

## Just the (extra) tip(s):

- If you're having trouble with insertion, wait a minute for gravity to do it's thing! The sponge needs something to slide against and absorb so if that juice is pretty deep, let it come down.
  - If you're still feeling the squish, use a second sponge!
  - If you are feeling sensitive or sore to the touch, use extra caution or wait a bit! All vaginas are different!
  - Don't forget to pee after using the sponge (always ALWAYS pee after sex to help avoid UTIs)







