

smile 😊 makers



# THE BALLERINA

Choreography Book

# DISCOVER YOURSELF

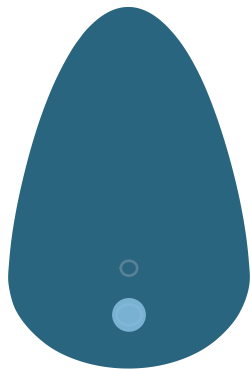
Sexual wellness is a life hack. Feel-good sensations, better sleep, stress relief... you get the point.

From sensual tingles to toe-curling climaxes, enjoy exploring new pleasure possibilities with us.

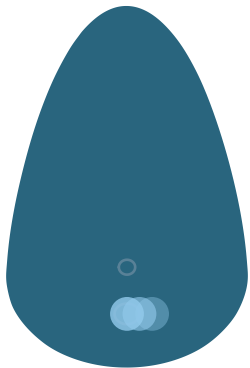
Take a moment for yourself.  
Awaken your senses.  
Put on music that makes  
your soul dance.

Breathe slowly and  
connect to your body.  
Close your eyes.  
Feel the touch.  
Arch into a moment of  
sensual expression.

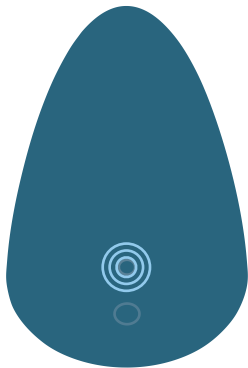
## Warm Up



To turn on your massager,  
press the big button once.

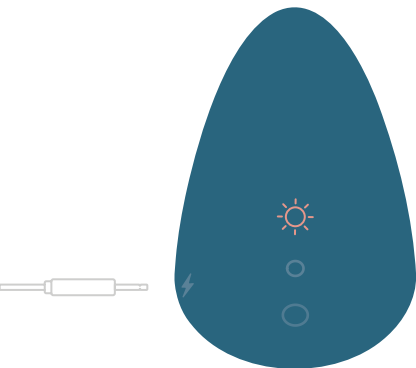


To navigate through the modes, press on the big button to cycle forward and the small button to cycle back.



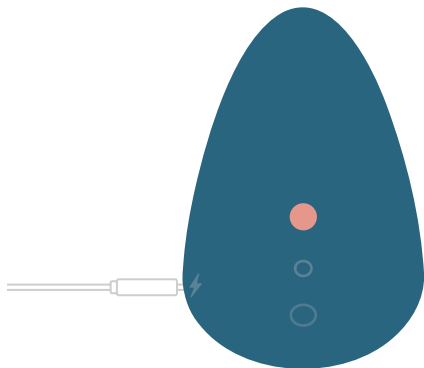
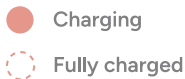
To turn off your massager, long press on the small button. To turn on/off the travel lock, press again for 4s.

## Light Indication



When the light starts blinking, this indicates that the massager is low on battery. To charge, plug the USB charger in.

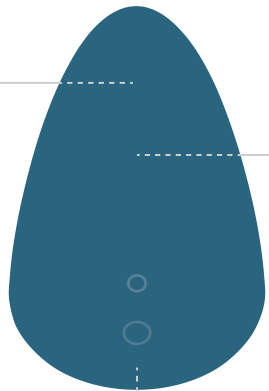
## Light Indication



The light will stop blinking and be constantly lit while charging. Once it turns off, the battery is fully charged.

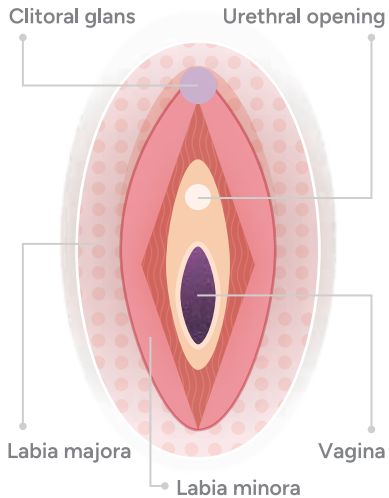
Stimulates the clitoral glans

Massages the highly sensitive labia majora and minora



Delivers vibrations to the vaginal opening which is very rich in nerve endings

## Dancing To The Vulva's Tune





## Personalized Pleasure

Find your tempo with our  
12 pleasure options...



6 speeds



Quiver



Climax



Spiral



Heartbeat



Cha-cha-cha

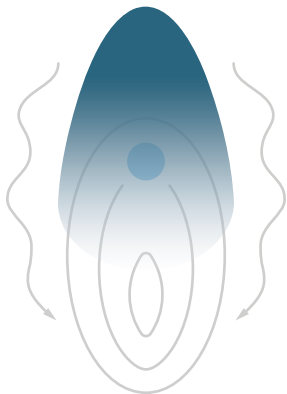


Surprise!

6 pulsation modes

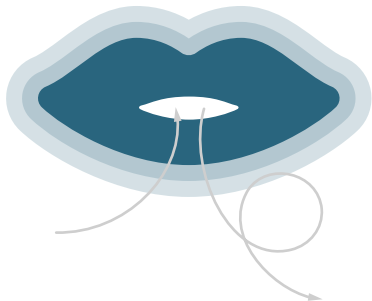
## Orgasmic Ballet Pleasure Tips

## Vulva Embrace



Gently apply The Ballerina onto the vulva. You can bring it down slowly starting with the clitoral glans all the way to the vagina's entrance, or the other way around for a gentle tease.

## New Sensations



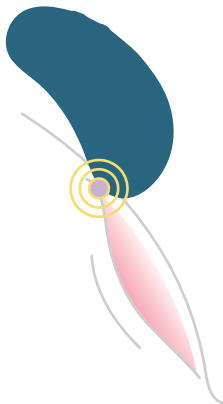
Breathe in and observe how full vulva stimulation feels to you. Experiment by lifting The Ballerina from the clitoral glans and concentrate on other pleasure points. Let the soft touch play with your senses.

## Hands Free



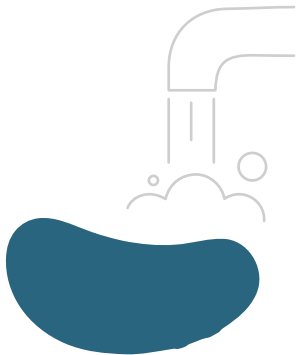
If you are lying down, you can nestle The Ballerina between your legs. As the pressure will be lighter than if you were pressing it down on your vulva, you can set it to a stronger speed.

## Final Focus



If you want to experience more stimulation on the clitoris' tip, lift the wider side of The Ballerina from the vulva, and rotate The Ballerina to nudge the narrow nose closer up against the glans of the clitoris.

## Vibrator Hygiene



Scan for more tips

Always clean The Ballerina thoroughly before and after each use. Wash with lukewarm water and pat dry with a lint-free cloth or towel.

**Play With Your Senses.  
Create your pleasure playlist.**

**What soundtracks connect  
you with your sensual self?**

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