

## Geisha Balls: Instructions - History and a Review

### Geisha Balls: Learn what Japanese Women have known for centuries!



There was a time when beauty and pleasure were pursued for their own ends; a time when nothing but the finest silk touched our skin, when our lives were celebrations of our femininity, when our only goal was to bathe in waterfalls of ecstasy, and when all that mattered was that we were women. Some might say that we've come a long way, but there's always been a part of me which longs for those things which we so willingly traded away to get here. I've been writing about sex and reviewing sex toys for some time now, and usually the focus has been on things which we can use to have more and better orgasms, either by masturbating or with our partners, so it's a rare thing to be able to write about something that isn't just about having orgasms, but about something to arouse, stimulate and excite everything that makes us a woman.

*Geisha Balls (also known as Ben Wa Balls or Burmese Balls)* originated in Japan sometime

around 500 A.D., and for centuries women used these metal balls as a means to provide themselves and their men with sexual pleasure. In Japan they're known as *rin no tam* which means **tinkling bells** because many designs were a ball within a ball, and when they moved they'd make a musical chiming sound. The concept behind geisha balls wasn't to immediately bring a woman to orgasm, though many women would eventually climax after hours of having them float freely inside her and rubbing against the walls of her vagina, but rather the idea was to tease her into a sexual frenzy so when she was finally penetrated by her lover, she would simply melt and explode in a cataclysmic eruption of bliss. Geisha balls have also gone through several design evolutions; with the original geisha balls being made of either metal or ivory. A woman would insert a single ball deep inside her and leave it in while making love, giving both her and her lover an additional sensation, but they quickly evolved into multiple balls attached together with either a chain or piece of silk which allowed for easy extraction, but also provided more stimulation by causing the balls to rub together while inside her. Some women were

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known to keep their geisha balls in all day long, leaving them in a constant state of arousal, and many would simply sit in a chair rocking back and forth until they reached orgasm.

I have two sets of geisha balls myself, and I'd like to talk a bit about each of them and describe the differences.



The most common brand of geisha balls are Ben Wa Balls made by Doc Johnson. They're solid metal balls about the size of a small cherry or marble. They have weight to them, so you can feel them when they're inside you, but they're not so intrusive that you'd find them uncomfortable to wear. The polished brass shell conducts and transfers heat and lubrication very well, so they slide in and move around comfortably. When left in during intercourse, the combined friction of being penetrated and having the balls move against the inner walls of my pussy and having them slide against my partner's cock is an almost indescribable sensation. They're exceptionally well suited to being left in (*or worn*) for several hours at a time, and I've been able to give myself some of the most sublimely erotic and utter universe quaking orgasms that I've ever felt. But be warned, being in that always aroused state is not for the timid!

Doc Johnson includes this message with their Ben Wa Balls

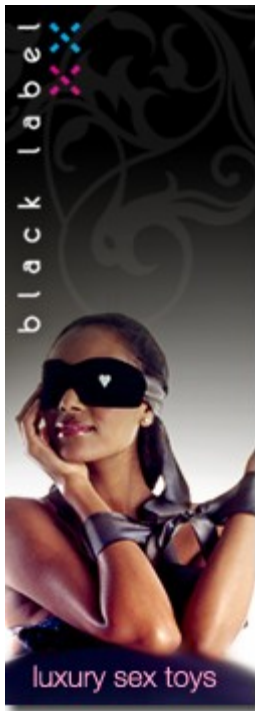
*It is written that hundreds of years ago, clever Japanese women, possibly driven by desperation to satisfy their sexual need; developed a technique for masturbating. When a Japanese woman wanted to relieve her sexual tensions, she reached into a little plushlined case and took out two small, shiny metal balls. These balls were then inserted well into the vagina. The woman would usually lay down, or to become more excited, she would rock in a chair. She would gently roll her hips, making the two small balls meet within her, causing sensual vibrations that would be transmitted outward to the entire vagina, clitoris, labia, and inward to the uterus. Sometimes, Japanese women would continue these languid movements for hours. Drifting from one orgasm to another.*



The other type of geisha balls that I use are Smartballs made by Fun Factory. These are larger (1 ½ inches each) and made of hard plastic, but they're hollow and they've got a metal ball inside the shell which rattles around and vibrates as they move around inside you. The balls aren't perfectly round, but rather elliptical shaped, and they're connected by a thin bridge and harnessed together with a long cord making removal very easy,

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and all together are about three inches long. These are perfect if you want to slip them in before a night out on the town if you can stand being so turned on for such a long time without release! The vibrations these balls make as you move and your pussy clenches and tightens around them is a sensation that can only be described as something uniquely feminine and exquisitely delightful. I found the Smartballs to be too large to leave in during intercourse, but the level of pleasure I'm able to give myself while wearing them simply leaves my heart pounding in my chest, and my mind and body in a heightened state of sensual and sexual arousal.



Geisha Balls are also very well suited to being used for doing [Kegel Exercises](#). Having the balls inside your vagina as you repeatedly clench and unclench your PC muscles causes an increase in blood flow to the inner walls and to the [legs of the clitoris](#), making your exercises seem very much like masturbating! In fact, a woman who is proficient in doing Kegels is capable of bringing herself to orgasm from the exercises alone, but add Geisha Balls into the mix, and you can expect to get very turned on, very wet, and very quickly!

Using Geisha Balls is easy. Simply slide them inside yourself until you can hold them in place by tightening your PC muscles. As your inner walls are stimulated, they'll begin to swell and tighten, which helps keep the balls in place, but your body will begin to reflexively respond and you'll find yourself unconsciously flexing your muscles, and increasing your arousal and pleasure. And the beauty is that no one will know you're wearing them either! As you get used to the sensations, you'll be able to use your vaginal muscles to move the balls inside yourself at will and chime them together and forcing them to vibrate.

What I love most about this ancient Japanese toy is that it reminds me of just how beautiful our femininity truly is, in every shape and form.

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