Finess Stops Bladder Leaks!

October 13, 2015 By Rae Lewis-Thornton

I'm always pleading the case for women to take control of their bodies and health. It's a fact that no one will take care of you the way that you take care of yourself. But over the years, women seem to be stuck, especially when it comes to our bodies.

I think this culture of misogyny has impacted how we view and even how we treat our bodies. Equally important, it has created degrees of shame around our bodies when we should be empowered.

And I understand why, around the world our bodies have been used as a weapon against us. Our clitoris have been cut, we have been raped as political pawns, murdered for having premarital sex, married off to young, and in the United States, our bodies have continuously been front and center as a pawn by our elected officials. No one should have the right to regulate what I do with my body.



Let me give you an example of the kind of shame women have around "female issues" I was at an event with a group of women talking about a new product on the market called Finess, I'll get more into that in a minute, and this brilliant business woman admitted that for years she couldn't bring herself to purchase her own tampons. How does a woman grow to be bold and awesome in one area of her life, but in one of the most important areas, live in fear of what people might think of her? I'm no different, you all know I kept my HIV status a secret for seven years because I was afraid of what people would think of me. Back when I was diagnosed, only "whores, gays and drug addicts got HIV" *Blank stare* Even Cosmopolitan magazine told women that they could have unprotected sex with an HIV positive man if their vagina was "healthy" and if they had "normal" sex, they could not get HIV. *blank stare*



I think most women have been at that place of fear and shame around their bodies one time or the other. How could we not be, living in a culture where we have been taught to be ashamed of our bodies and our sexuality. So when my girlfriend and fellow blogger Dwana asked me if I wanted to review this new product for and about women I said absolutely.

Now in full disclosure, when I got Finess in the mail, I was like they want me to put this thing where? But I had promised Dwana and Ann-Marie from the Boombox Network that I would participate, and my world is always my honor. But in real talk, I also needed the money that I was being paid to sample this product. So I pulled out my big girl panties, and tried Finess.



Let me give you the 411 on Finess. It's an revolutionary product, first of its kind, over the counter approved by the FDA to help women stop bladder leaks. Yep, a woman places Finess over her urethra and it actually stops her bladder from leaking. The technology is different from others, in that it's an non-intrusive product, which means, nothing is inserted onside of your body. And unlike pads that only catch your urine, Finess actually stops you from leaking altogether. Huh? Yes I said, you put it over your pee hole and it will prevent your bladder from leaking urine.



Bladder Leaks i.e. Urinary Incontinence. huh? Well, bladder leaks are common among women who have given birth and it is especially common among women making their way to menopause like me. But their are some women, simply experience spontaneous bladder leaks, you laugh to hard, you sneeze, you cough, working out you feel a drop, you gotta go to the bathroom real bad and there's no place to go and a little pee leaks out. At one time or another we have all been there, and if not, like grandmama use to say, "you just keep on living honey." I know since I've been going through this menopause thing, I have been experiencing more and more leaks. But I hadn't yet given any thought about how to control it, other than a pad, that is until now.

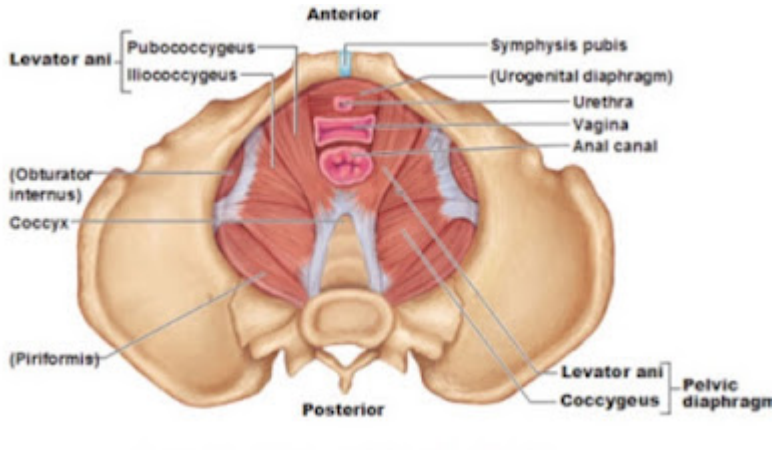
After two days of sitting on the counter, I got my nerve up and tried Finess. At the end of the day, this product is for and about making the lives of women better and for that you can always count me on board.



Finess is a sponge like form about 1 1/2 inch long and at the top widest part about the same. It's super soft with a little sticky adhesive on the back and you simply place it over your urethra, i.e your pee hole. Now, I don't know about you, but I don't give a lot of thought to where my pee hole is exactly, I just know it's somewhere near my vagina. So for me, I had to lay on the bed with a mirror and find it. LOL but for real.

Now you all know I'm a little slow sometimes, so it was awkward for me holding the mirror and

placing Finess over my uthrea all at the same time, but after two tries I was successful. When we had the fireside chat with a group of women who had also sampled Finess, other women in the group had no problem at all, they just sat on the toilet or squatted and Bam! I was enviously for real, because every time I used Finess I had to do it with a mirror.



The adhesive was a little sticky at first, but for sure it is safe. After I placed the Finess sponge I was acutely aware of it for at least the first 30 minutes to an hour. But after that, I forgot I even had it on until I actually had to use the bathroom and had to take it off. Other women in the group said that they even forgot they had it on unto to they peeed and it fell off. All the women had different experiences with Finess. I had no irritation from the adhesive while wearing Finess or after I took it off. It was very comfortable and I had absolutely no bladder leaks.



Over all, I would recommend Finess to any woman who experiences bladder leaks. It's a intrusive way from women to control urinary incontinence. I'm always elated to see new products that give women the power that need over their bodies, so my hat is off to the team over at Finess. You can learn more on thier website.



Now, Finess is not sold in stores, you have to purchase it either from Finess Website or on Amazon for a trial it will cost $4.99. Here's a coupon code for 50% off for a 36 pack at Amazon, **V23DVC72.** **Click here to shop.**

YESSSSSSS! I'm giving away a trail pack of six and shoot I'll even throw in a bracelet from RLT Collection. All you have to do it is make a comment on this blog post about what you think about Finess. Follow Finess on Twitter or Like them on Facebook and on October 19th, I will announce a winner on this blog. And y'all know you have to be following me *blank stare*

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