

HOW TO CLEAN YOUR Yoni Egg & Wand

1 PHYSICAL CLEANSE

- Wash with warm water and mild unscented soap
- Rinse thoroughly
- Air dry completely
- Clean before & after each use

2 ENERGETIC CLEANSE

- Smoke cleanse (sage, palo santo, incense)
- Place on selenite to recharge
- Set intentions while holding it

3 REMEMBER

This is sacred self-care. Treat your tools like extensions of you.



SACRAL CHAKRA Benefits

Your sacral chakra is your energy of pleasure, creativity, emotions, and intimacy.

WHEN ALIGNED, YOU FEEL:

- ✓ Confident in your body
- ✓ Open to pleasure without guilt
- ✓ Emotionally balanced
- ✓ Creative + flowing

USING TOOLS LIKE:



CARNELIAN
Ignites passion, creativity & confidence



CLEAR QUARTZ
Amplifies intention & energy

SUPPORTS:



Emotional Release



Womb Healing



Sensual Awareness



Creative Expression

YONI EGG & WAND Importance & Benefits

YONI EGG IMPORTANCE

- Strengthens pelvic floor muscles
- Increases body awareness
- Supports emotional + womb healing
- Helps you reconnect with your feminine energy

This is about control, not force. Listening, not rushing.

WAND IMPORTANCE

- Releases stored tension in the body
- Supports internal + external energy flow
- Enhances pleasure and circulation
- Helps you understand your body on a deeper level

CRYSTAL SUPPORT ENERGY



BLACK TOURMALINE

Protection & Grounding



CARNELIAN

Passion & Motivation



PYRITE

Confidence & Power



GREEN AVENTURINE

Emotional Healing



LAPIS LAZULI

Inner Truth & Expression



AMETHYST

Intuition & Spiritual Awareness



CLEAR QUARTZ

Amplify & Clarity

This isn't just about tools...

It's about learning your body, honoring your energy, and standing in your power.



SACRAL XPRESSION

THE 3 SIZES OF YONI EGGS & How to Use Each One

Yoni eggs come in three sizes to support you on every step of your journey. Start with the size that feels right for your body and experience level.

1



LARGE EGG Best for Beginners

- **Size:** Approx. 3.8 x 5 cm
- **Feel:** Full but comfortable for new users
- **Purpose:** Helps you become aware of your pelvic floor muscles and build control and strength.
- **Best For:** Beginners, women with weaker pelvic floor muscles, or postpartum recovery.

Focus on breathing and relaxing. Your body will guide you.

HOW TO USE:

- Relax your body and mind.
- Apply natural lubricant to the entrance only (never the egg).
- Gently insert and allow your body to adjust.
- Wear for 5–15 minutes, removing when ready.

2



MEDIUM EGG For Intermediate Users

- **Size:** Approx. 3 x 4 cm
- **Feel:** A deeper, more noticeable sensation once your muscles have built strength.
- **Purpose:** Enhances muscle tone, stamina, and body awareness.
- **Best For:** Women who can comfortably hold the large egg with ease.

Take your time. Listen to your body; progress is personal.

HOW TO USE:

- Use the same steps as the large egg.
- Wear for 10–20 minutes.
- Practice different positions: sitting, standing, light movement.

3



SMALL EGG For Advanced Users

- **Size:** Approx. 2.5 x 3.5 cm
- **Feel:** Subtle yet powerful. Requires strong pelvic floor control.
- **Purpose:** Deepens the connection, builds advanced control and energy circulation.
- **Best For:** Advanced users who have mastered the larger sizes.

Small size. Big energy. This is mastery.

HOW TO USE:

- Insert with ease and comfort.
- Wear for 15–30 minutes or longer as comfortable.
- Practice during daily activities.

Consistency is key! Practice regularly and always honor your body. Never insert an egg or wand with lube on it.



THE BEAUTY OF A WAND



Explore Your G-Spot with Intention

A wand is more than a tool — it's a key to deeper pleasure, release, and self-discovery.

WHAT IS A WAND?

A wand is a smooth, curved tool designed to help you explore your G-spot and release tension deep inside your body.



BENEFITS OF USING A WAND

- 🌸 Releases deep tension & stored emotions
- 💖 Enhances circulation & arousal
- 💧 Helps you discover your G-spot
- 💧 Increases pleasure & deeper orgasms
- 💧 Supports pelvic floor & womb health
- 👐 Strengthens mind, body & spirit connection

HOW TO USE YOUR WAND TO EXPLORE YOUR G-SPOT

- 1 **Relax & Set the Mood** – Create a quiet, comfortable space. Breathe. Connect with your body.
- 2 **Apply Natural Lube** – Use a natural water-based lube on the wand and outer entrance only.
- 3 **Insert with Care** – Gently insert the wand and angle the curved tip upward toward your belly.
- 4 **Find Your Spot** – The G-spot is about 2–3 inches inside on the front wall. It may feel textured or spongy.
- 5 **Explore & Enjoy** – Use slow, gentle pressure, come-hither motions, or hold still until pleasure builds.
- 6 **Release & Cleanse** – Remove slowly. Clean your wand and honor your body.

REMEMBER:

Go slow. Be patient. Your body holds wisdom. Exploration is self-love in action.



WHY A WAND IS BETTER THAN A VIBRATOR

- ✓ Allows you to feel your body, not just numb it.
- ✓ Promotes real connection & body awareness.
- ✓ Encourages natural arousal & full-body pleasure.
- ✓ Helps release deep tension, not just surface stimulation.
- ✓ Supports healing, not overstimulation.
- ✓ Silent, intentional, and made for your journey.



NATURAL LUBE OPTIONS (IF NEEDED)

Use on the entrance or wand only. Never on the egg.



Aloe Vera Gel



Coconut Oil



Vitamin E Oil



Jjoba Oil



Flaxseed Gel

BREATH. CONNECT. FEEL. HEAL.

Your pleasure is your power. When you know yourself, you make better choices, set better boundaries, and attract better connections.

EXPLORING YOURSELF IS BETTER THAN EXPLORING TOO MANY.

Know what you like by knowing you first.

JOIN OUR SACRED COMMUNITY

A space where we share our Joy of Sacral TLC in a sacred, healthy way.



Sip & Paints



Passion Parties



Self Love Reiki Certifications



Sacral Reiki Sound Bath

Heal. Connect. Celebrate. Elevate.

You deserve to feel good in your body and your life! ❤️