

SACRAL XPRESSION

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.

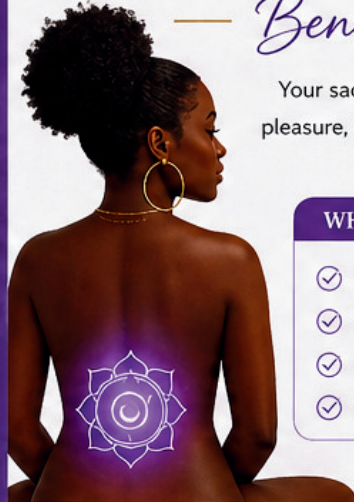


SACRAL CHAKRA Benefits

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

Affirmation:

I allow myself to feel, create, and receive pleasure freely.

This isn't just about tools...

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

