YONI EGG INSTRUCTIONS

***STEP 1:*** *IF YOU PURCHASED THE YONI EGG WASH SOAK YOUR YONI EGG IN THIS WASH FOR 5 MINUTES. IF YOU DO NOT HAVE THE YONI EGG WASH SKIP STEP 1*

***STEP 2:*** *BOIL 1 CUP OF DISTILLED OR SPRING WATER. TURN OFF THE HEAT AND ALLOW THE WATER TO COOL DOWN TO A WARM STEAM. POUR INTO A SEPARATE BOWL MADE FROM NATURAL MATERIALS AND PLACE YOUR YONI EGG INSIDE.*

***STEP 3:*** *TAKE OUT THE YONI EGG AND DRY THE EGG OFF WITH COTTON CLOTH.*

***STEP 4:*** *HOLD YOUR YONI EGG IN YOUR HANDS AND BE SILENT WITH HER FOR ABOUT 5 MINUTES. AFTER THIS SPEAK YOUR HEALING INTENTION INTO YOUR YONI EGG. THANK HER FOR OFFERING HER ENERGY TO YOU. WHEN THE YONI EGG IS NOT IN USE PLACE HER ON YOUR YONI ALTAR.*

***STEP 5:*** *PLACE YOUR YONI EGG INSIDE OF YOU USING THE WIDEST END FIRST. ONLY INSERT HALFWAY AND PUSH IT BACK OUT USING YOUR YONI MUSCLES. PRACTICE THIS A FEW TIMES BEFORE INSERTING FULLY. AFTER INSERTIING HER FULLY PUSH IT BACK OUT SO THAT YOU BECOME COMFORTABLE WITH THIS PROCESS. (For those who are just beginning)*

***NOTE:*** *TAKE THE YONI EGG OUT WHEN ON YOUR CYCLE. ALSO YOU MAY WANT TO TAKE YOUR YONI EGG OUT WHEN USING THE RESTROOM BECAUSE DEPENDING ON YOUR MUSCLE CONTROL IT CAN FALL AND BE FLUSHED DOWN THE TOILET. DO NOT USE IF PREGNANT OR HAVE AN IUD.*

*ENJOY YOUR NEW FRIEND!*

*LOVE FROM SAT-RA,*

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