



# Vaginal Steaming

Vaginal steaming is an old-age practice for women's health and wellness that involves using herbs and steam to treat or help with a number of vaginal issues. V steaming is also used as an overall relaxation technique. We offer the following herbal recipes for vaginal steaming.

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| <p><input type="checkbox"/> The So Fresh and So Clean</p> <p>Disinfecting Formula: antiviral, antifungal, antibacterial<br/><i>(Contains: Motherwort, lavender, nettles and lemon peel)</i></p> <p>This formula will help detox and treat symptoms of infections such as BV and yeast, foul odor and irregular discharge</p>  | <p><input type="checkbox"/> The ICU</p> <p>Gentle Hemostatic Formula: uterine strengthening, cycle delaying<br/><i>(Contains: Lavender, nettles, lemon peel, astragalus, mugwort)</i></p> <p>This formula will help treat uterine fatigue, stop inter-cycle bleeding/spotting, and reduce heavy flows</p> |
| <p><input type="checkbox"/> The WAP</p> <p>Cooling Formula: cool-natured, hydrating, blood and kidney tonic<br/><i>(Contains: Motherwort, lavender, nettles, lemon peel, mint)</i></p> <p>This formula should help with vaginal dryness, hot flashes, night sweats and menopausal symptoms.</p>   | <p><input type="checkbox"/> The Lets Get It On</p> <p>Cleansing Formula: inducing cycle, removing stagnation<br/><i>(Contains: Lavender, nettles, lemon peel, mugwort)</i></p> <p>This formula will help ease symptoms of long, heavy periods, helps thin and shed old uterine lining</p>                 |
| <p style="text-align: center;">Available Herbs (Subject to change)</p> <p><input type="checkbox"/>Lavender <input type="checkbox"/>Hibiscus <input type="checkbox"/>Nettles <input type="checkbox"/>Mugwort Leaf <input type="checkbox"/>Rose <input type="checkbox"/>Herba Siegesbeckiae <input type="checkbox"/>Pagoda Tree Flower<br/><input type="checkbox"/>Cinnamon <input type="checkbox"/>Dandelion <input type="checkbox"/>Goji Berry <input type="checkbox"/>Tangerine <input type="checkbox"/>Lemon Peel</p> |   |
| <p style="text-align: center;"><b>Basic Steam: \$50</b></p> <p><b>Deluxe: \$65</b> (comes with cotton spa gown to keep) <b>Deluxe Package</b> (4 steams +cotton spa gown): <b>\$225</b><br/><b>VIP: \$90</b> (comes with cushion and royal satin gown to keep) <b>VIP Package</b> (4 steams +cushion &amp; royal satin gown): <b>\$300</b></p>  |   |



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| <p align="center"><b>Basic Steam: 30-minute steam</b></p> <p align="center"><b>Deluxe:</b> (comes with spa gown to keep) <b>Deluxe Package</b> (4 steams + spa gown)</p> <p align="center"><b>VIP:</b> (comes with cushion and spa gown to keep) <b>VIP Package</b> (4 steams +cushion &amp; spa gown)</p> |  |