



LUCID MOONS

For more information about the crystal, use and care please visit
www.lucidmoons.com



Yoni Egg

Discover the power of this centuries-old Taoist practice for the awakening of femininity.

The Yoni Egg can help you to bring more sensuality into your life. Thanks to the energy of the crystal and regular practice you will gain more awareness of your body and your sexuality.

The pelvic floor and vaginal muscles are both strengthened and gently massaged. The conscious exploration of your own femininity and sexuality is supported by the energies of the crystals.

Use

Wear your Yoni Egg for a few hours during everyday activities or during sports (e.g. yoga or dancing), overnight or train your pelvic floor with specific Kegel exercises to strengthen the vaginal muscles.

It is important to relax the pelvic floor muscles after each contraction so that the muscle can regenerate and build up gradually. You can do the exercises standing, lying or sitting.

Exercise 1: Contract your pelvic floor muscles for 5 seconds and then relax the muscles. If you can contract for more than 5 seconds, you can extend the contraction time up to 15 seconds. An exercise session lasts 5 minutes.

Exercise 2: Contract and hold the pelvic floor muscles for 1 second and then relax. These short contractions will help you get a more precise feel for your pelvic floor and vaginal muscles. An exercise session lasts 5 minutes.

For an intensive Kegel training combine both methods for a 5-10 minute session. You should not train actively for longer than 10 minutes, as this can cause your muscles to become overtired and sore. Better to train regularly than too long at once!

Tip: For more resistance you can attach a string to the Yoni Egg in addition to the Kegel exercises and pull it back slightly with your hand during each contraction.

Care

Wash your Yoni Egg thoroughly before and after each use with a pH-neutral, unscented soap and warm water. Take special care that the small hole, which is intended for the string, is clean. Do not use conventional disinfectant for cleaning.

It is a good idea to energetically cleanse your Yoni Egg on a regular basis to avoid reintroducing previously absorbed negative energies. The best way to do this is to use an incense like white sage or palo santo.

Important information

Replace the string after each use.

If you are using an IUD for contraception, you should use the Yoni Egg without the string, as the string could get tangled with the IUD. Please consult your gynaecologist before use.

If you want to use your Yoni Egg during pregnancy, please consult your gynaecologist or midwife before use.

Do not insert Yoni Eggs rectally.

Please consult a gynaecologist for medical or health-related diagnoses or treatment options. The use of a Yoni Egg is not a substitute for medical or therapeutic treatment.