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YONI EGGS FOR BEGINNERS

A Woman's Guide to Self-Love
and Sexual Pleasure

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YONI EGGS:

A Holistic Approach to Feminine Health

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CHAPTER

1

INTRODUCTION TO YONI EGGS

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INTRODUCTION TO YONI EGGS

Yoni eggs are becoming increasingly popular as a natural tool for pelvic floor strengthening and overall well-being. In this eBook, we will discuss the significance of having strings or not having strings attached to your yoni egg, providing you with the information you need to make an informed decision.

Yoni eggs not only offer physical benefits but also have the potential to facilitate emotional healing and spiritual growth. We will explore how rose quartz yoni eggs can be used as tools for sexual healing. By working with the energy of the heart chakra, yoni eggs can help heal emotional wounds and create a pathway to a more fulfilling and intimate sex life.



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CHOOSING THE RIGHT SIZE YONI EGG

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GUIDELINES FOR CHOOSING THE SIZE

Yoni eggs come in a variety of sizes, so it's important to choose the right one for you. The size of the egg will depend on your individual anatomy and needs.

If you're not sure what size yoni egg is right for you, it's best to start with a medium-sized egg. You can always try a different size if you find that the medium-sized egg is not comfortable for you.



Here are a few things to consider when choosing the right size yoni egg:

- Your pelvic floor strength: If you have weak pelvic floor muscles, you may want to choose a larger egg. This will help to strengthen your muscles and improve your kegel control.
- Your childbirth history: If you have given birth, you may want to choose a larger egg. This is because childbirth can weaken the pelvic floor muscles.
- Your comfort level: It's important to choose an egg that is comfortable for you to wear. If the egg is too large, it may be uncomfortable or even painful.

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CHAPTER

DRILLED OR
UNDRILLED: WITH OR
WITHOUT STRINGS

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ADVANTAGES OF DRILLED YONI EGGS

Drilled yoni eggs with strings are a popular choice for first time users, here's why:

- **Convenience:** Drilled yoni eggs are easy to insert and remove, thanks to the string. This can be especially helpful for beginners, who may not be comfortable with inserting and removing a yoni egg without a string.
- **Safety:** Drilled yoni eggs are less likely to get lost inside the vagina, as the string can be used to gently pull the egg out. This can help to prevent injury or infection.
- **Variety:** There are a variety of different sizes and shapes of drilled yoni eggs available, so you can find one that is right for you.

TIP: Strings should be replaced frequently. Cotton, unbleached and unflavoured dental floss can be used.



BENEFITS OF NON-DRILLED YONI EGGS

While drilled yoni eggs offer a number of advantages, non-drilled yoni eggs can also be beneficial. Here are some of the benefits of using non-drilled yoni eggs:

- **Intimacy:** Non-drilled yoni eggs can be used for intimate play with a partner. This can be a great way to connect with your partner and explore your sexuality.
- **Challenge:** Non-drilled yoni eggs can be more challenging to insert and remove than drilled yoni eggs. This can help to strengthen your pelvic floor muscles and improve your kegel control.
- **Pleasure:** Non-drilled yoni eggs can provide a different type of pleasure than drilled yoni eggs. The smooth surface of a non-drilled egg can glide against the walls of the vagina, providing a stimulating sensation.

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UNDERSTANDING THE ENERGETIC PROPERTIES OF ROSE QUARTZ

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ROSE QUARTZ PROPERTIES

Crystals have been used for centuries for their healing and balancing properties. They are believed to work by absorbing and releasing energy, which can help to promote physical, emotional, and spiritual well-being.

Rose quartz is a pink crystal that is known for its nurturing and loving energy. It is often used to promote self-love, compassion, and forgiveness. Rose quartz is also said to be helpful for

healing emotional wounds and opening the heart chakra.

Rose quartz yoni eggs are said to be especially beneficial for women who are seeking to connect with their feminine energy and promote self-love.

When using a rose quartz yoni egg, it is important to be mindful of your intentions. The more you focus on your intention, the more powerful the crystal will be.



ROSE QUARTZ PROPERTIES

Here are some examples of intentions that you may want to focus on:

- Self-love: Use the rose quartz yoni egg to connect with your inner goddess and cultivate self-love.
- Forgiveness: Use the rose quartz yoni egg to release any negative emotions, such as anger, resentment, or guilt.
- Intimacy: Use the rose quartz yoni egg to deepen your connection with your partner and enhance your sexual pleasure.

It is also important to cleanse and charge your rose quartz yoni egg regularly.

Cleansing removes any negative energy that may have accumulated on the

crystal, while charging amplifies the crystal's healing properties. Here are some ways to cleanse and charge your rose quartz yoni egg:

- Cleansing: You can cleanse your rose quartz yoni egg with running water, moonlight, or sage smoke.
- Charging: You can charge your rose quartz yoni egg with sunlight, moonlight, or a crystal grid.

With regular use, rose quartz yoni eggs can help to promote physical, emotional, and spiritual well-being. They are a powerful tool for women who are seeking to connect with their feminine energy and cultivate self-love.

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CARING FOR YOUR ROSE QUARTZ YONI EGG

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CARING FOR YOUR ROSE QUARTZ YONI EGGS

Cleaning Your Rose Quartz Yoni Egg

It is important to clean your rose quartz yoni egg after each use. Here are some tips on how to do so:

- Wash the egg with warm water and mild soap. Be sure to rinse it thoroughly to remove all traces of soap.
- Dry the egg with a clean, soft cloth. Do not use a hair dryer or other heat source, as this could damage the stone.
- Store the egg in a clean, dry place when not in use. This will help to prevent it from absorbing any dirt or bacteria.



SAFETY PRECAUTIONS

There are a few safety precautions to keep in mind when using a yoni egg:

- Do not use if you are pregnant or have an IUD.
- Do not use if you have any open wounds or infections.
- Do not use for more than 30 minutes at a time. If you experience any discomfort, discontinue use immediately.

By following these tips, you can help to ensure that your rose quartz yoni eggs remain clean, healthy, and safe to use.



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ENHANCING YOUR YONI EGG PRACTICE

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ENHANCING YOUR YONI EGG PRACTICE

Here are a few additional tips that can help to enhance your yoni egg practice:

- Create a sacred space: Find a quiet place where you can relax and focus on your practice. You may want to light candles, burn incense, or play calming music.
- Wear the egg for at least 15 minutes each day: Start with 15 minutes and gradually increase the amount of time as you get more comfortable.
- Listen to your body: If you experience any discomfort, stop using the egg immediately.
- Clean the egg after each use: Wash the egg with soap and water and dry it with a clean cloth.
- Store the egg in a safe place: Store the egg in a clean, dry place when not in use.

By following these tips, you can make the most of your yoni egg practice and experience the many benefits that it has to offer.

If you are looking for a way to improve your overall well-being, yoni eggs are a great option. They are a safe and natural way to promote health and wellness.

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"Rose quartz is a stone of love. It helps you to open your heart and receive love from others."

-
Oprah Winfrey

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Improve pelvic floor strength.

Heal emotional wounds.

Open the heart chakra.



Enhance sexual pleasure.

Connect with your feminine energy.

Promote self-love.

Listen to your body. If you experience any discomfort, stop using the egg immediately.



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THANK YOU

If you have any questions or concerns please don't hesitate to contact us at info@celluvac.co.za.

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