



USER GUIDE



PLEASURE WANDS

Unlike traditional vibrators that over stimulate our clitoris leading us to feel numb over time, pleasure wands allow us to indulge in slow, sensual, conscious erotic pleasure and sexual healing that helps us to experience full-bodied orgasms and a pure sense of bliss. Play 'solo' or invite your partner to vibrate to a higher frequency and feel the magic of our gemstone pleasure wands!

USING INTERNALLY FOR PLEASURE:

At your own speed, surrender to the rhythms of your body's needs and desires as you insert your intimate gem to sensually massage your yoni (sacred space; aka vagina) or stimulate the anal area.

USING IT INTERNALLY FOR SOFT TRIGGER POINT VAGINAL MASSAGE (vaginal reflexology massage):

This is extremely beneficial to release tension, toxins and increase blood flow while removing stagnant energy and stuck emotions. Insert your wand and move it slowly without any expectations or judgements. Pay attention to any areas of discomfort or numbness and tap into it for about a minute or 2 using the end point of your wand then move to the next. Remember to breathe through the sensations and allow your body to move or use any sounds as forms of expressions. Your body will tell you whether you need to tap into the same spot again, or if one session is sufficient to remove the block permanently.

Note: It is important to be aroused before inserting the wand to avoid building up tension in the yoni if entered too soon.

USING IT EXTERNALLY:

Use it as a play tool with your sex partner or as a massage wand throughout the pressure points of the body to release stress and tension. There is no right or wrong way to do it, just follow your body's instincts and needs.

TIP:

- Add coconut oil or lube of choice for smoother penetration and massage flow.
- Give it an extra twist by placing your intimate gem in ice or warm water for 1-2 minutes before use.

YONI EGGS

Traditionally used in ancient China, Yoni Eggs made out of Jade stones were a secret guarded by members of the royal family. Only the Empresses and concubines of the Royal Palace had access to this secret practice and used it to increase their vitality through sexual energy.

Daily practice of Yoni Eggs help women experience; enhanced sexual pleasure, increased vaginal lubrication and arousal, more intense orgasm, stronger pelvic floor and vaginal muscles, recovery after childbirth, cure UTI, PMS related symptoms & vaginal diseases and increase fertility.

INSERTING & REMOVING: Inserting & removing your egg is as simple as inserting and removing a tampon. Make sure you are well lubricated before inserting your yoni egg. You can do this by using coconut oil or your lube of choice, or by arousing yourself thru a sensual breast massage. Stimulating your nipples help with lubrication. Once lubricated, insert the egg using circular motion with the wider end going in first (smaller end points down and away from yoni). If using a drilled egg, thread thru unwaxed floss and tie a knot at the end. To remove, simply squat down and push. If it does not come down, insert your finger and scoop it out. If your egg is drilled, gently pull on the string and egg will come out.

YONI YOGA EXERCISES:

- Cat/Cow – Start on tabletop position with your hands and wrists directly under your shoulders, and your knees directly under your hips. Inhale as you drop your belly towards the mat. Lift your chin and chest, gaze up toward the ceiling and squeeze your pelvic floor. On an exhale, round the back with chin touching the chest and release pelvic floor muscles. Repeat as desired.
- Pelvic Rises – Lie on your back with your knees bent and feet flat on the floor. On an inhale raise your hips and squeeze your pelvic floor muscle. Relax and soften the yoni as you bring your hips down on an exhale. Repeat as desired.
- Reclined Bound Angle – Lie on your back with your knees bent and feet flat on floor. Bring soles of feet together and allow knees to fall out to sides. Inhale and exhale in the pose as you draw your pelvic floor in and up. Repeat as desired.
- Dance – There is no right or wrong way to do this. Simply close your eyes, and let your body run free. You can stand up or dance in table top position allowing your body to move in any desired rhythm.

- TIPS:**
- To adjust the egg to your body temperature, keep it close to your body for a few minutes before inserting it.
 - Spice it up in the bedroom by having sex with your yoni egg inside.
 - Make sure you are in a relaxed state when trying to remove your yoni egg to avoid contracting your vaginal muscles. Trust your body and know that it cannot get stuck inside you!





BREAST CRYSTALS

Breast massage is essential in maintaining the health of your breasts!

It not only supports in maintaining the shape of your breast and preventing sagging, but it helps release stagnant energy stored in the tissues. Breast massage helps regulated lymph flow and flush toxins through the lymphatic systems. It stimulates circulation and also helps break up benign cysts and lower breast tenderness during menstrual cycles.

Lactating women also benefit from this practice as it eases pain during breastfeeding, improves flow and quality of milk and helps prevent mastitis (plugged milk ducts) which can be very painful and traumatic.

The use of crystals during breast massage gives an extra perk and added benefits thru the absorption of the crystals properties and vibrational frequency, promoting healing and a higher connection to feminine energy.

MASSAGING YOUR BREASTS:

Begin by applying a little bit of coconut oil on breast, chest and surrounding areas. Using up, down and circular movements, glide your breast crystal around your neck, then lower it to chest, underarms and sides. Once you reach your breasts, place one hand under your breast for support and use the other to massage. Always start at the center of the breast and move outward so that toxins are pushed out and filtered thru the lymphatic system. Finish by putting down your crystal and use the palm of your hands to shake & move your breasts in different directions. Poke on your nipples and make circular motions using your index finger. Lastly, rub your hands and place them on your breasts. Send love and gratefully end your practice.

TIP:

- Massaging your breasts in the shower is a great time saver!

CARING FOR YOUR INTIMATE GEM

We recommend sterilizing your *intimate gem* prior and after each use. Bring water to a boil and pour it over a glass bowl. You can add a few drops of lavender essential oil, apple cider vinegar or a mild soap for a deeper sterilization. Once water temperature cools off, carefully submerge your *intimate gem*, and let it sit for about 5 minutes. Rinse clean with fresh water and let it air dry in a secure place.

Tips:

- Never place your stone in boiling water as intense heat may cause your intimate gem to crack.
- Always handle your intimate gem with care as they are very fragile.
- Keep your intimate stone in its original packaging and stored in a safe place to prevent it from cracking.
- Cleanse your intimate gem energetically by placing it in salt water, under the full moon or sunlight.

DARE TO UNLEASH YOUR EROTIC POTENTIAL
AND INDULGE IN MIND BLOWING ORGASMS!



CRYSTAL PROPERTIES

AMETHYST

A natural tranquilizer, blocks stress & promotes restful sleep. Inhibits intoxication & helps overcome addictions. Beneficial to the mind & centers emotions. Great for meditation.

BLOODSTONE

Cleanses the blood & aids circulation in the body. Promotes physical & creative energy. Gives courage & heals emotional wounds. A immune stimulator.

BLUE AVENTURINE

Heals emotional & mental bodies. Assists in Karmic healing & clearing blocked channels. Calms fiery emotions & reinforces decisiveness. Crystal of leadership.

CLEAR QUARTZ

Brings clarity to the mind & alleviates disturbing feelings. Unleashes vaginal wisdom & amplifies sensual sensitivity. Augments energies & emotions. Magnifies space & purity.

FIRE QUARTZ

Facilitates deep understanding between lovers. Removes barriers during communication. Dissolves imbalances, boosts self-esteem, self-worth & self-confidence. Enhances Vitality.

GREEN AVENTURINE

Promotes good luck & opportunity. Channels abundance & boots feeling of optimism. Soothes inflammation & brings overall well-being. An aphrodisiac - stimulates sexual desires.

NEPHRITE JADE

Powerful physical healer, strengthens & soothes the nervous system bringing emotional balance, stability & well-being. Connection with Kidneys boots sexual Chi and empowers orgasmic energy.

BLACK OBSIDIAN

Absorbs & expels negative energy. Releases sexual traumas & emotional blockages stored in the body. Emanates protection & security. Cleanses body, mind & soul. Works very quickly.

RED JASPER

Balances area in the body that feel sluggish or inactive. Promotes energy & motivation. Restores passion & libido. Calm emotions & reactivates passion for living.

RHODONITE

Stimulate acceptance, forgiveness and unconditional love towards others. Helps to bring peace to troubled relationships. Known for their capacity to bring emotional healing & to release blocked energy from within the heart chakra.

ROSE QUARTZ

Helps attract love & romance into your life. Releases worry, heals all aspects of the heart & facilitates forgiveness. Amplifies self love & care.

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