

Empress Organics

FAQs

Holistic Sexual Health & Healthy Living



HOW DO I CHOOSE THE RIGHT YONI EGG FOR ME?

Each particular crystal has special healing attributes to work on your physical, spiritual and energetic body. You should choose a stone that resonated with you either by sight or research into it's healing properties, trust your intuition and listening to your body wisdom. You may know right away that you want to work with a particular stone, and if that is the case, go for it! You might notice certain aches or emotional discomforts that can be soothed with the use of a particular semi-precious stone. Or, you might have a desire to manifest something very specific...use this as your cue to work with a stone whose metaphysical properties suit your needs

WHAT KIND OF YONI EGG SHOULD I START WITH?

Most beginners start with a medium or large yoni egg and graduate to smaller yoni eggs as they become more adept at working the yoni muscles. Women come in all shapes and sizes because of this, there is no – one size fit all. We offer 4 different size yoni eggs (small, medium, large, and XL). It is recommended that beginners start with a large because the large will be easier to feel and will allow you to work your way down to a small which takes more muscular control. The large yoni egg will allow you to feel if you are doing kegels correctly or if you need to go down a size. The smaller the egg, the more work your muscles will have to do to contract your yoni egg. Yoni Eggs are healing crystals that can provide spiritual healing. Different eggs might have different effects, we offer a wide range of gemstones to make sure you get the perfect answer to your needs. Each particular crystal has special healing attributes to work on your physical, spiritual and energetic body. You should choose a stone that resonated with you either by sight or research into it's healing properties. Trust your intuition.



Stage One - Large/XL Yoni Egg: Start with a large yoni egg if you've given birth to one or more children, and/or need to strengthen your pelvic floor. Some women who have given birth can skip the large size and start with a medium if their pelvic floors are strong and don't need much strengthening. Our large size yoni egg is a great option for kegel work as it's heavier than our other sizes and gives the vaginal muscles more resistance and weight.

Stage Two- Medium Yoni Egg: Start with a medium size yoni egg if your pelvic floor is strong and doesn't need exercise to strengthen or tighten. Our medium size is great for maintaining pelvic strength and health as well as spiritual work.

Stage Three - Small Yoni Egg: Our small yoni egg is for advanced users wanting to challenge their yoni egg exercises. You can also combine a small yoni egg and medium yoni egg together to work with two different energies at the same time.

Large Ben Wa Balls: Our large ben wa balls are comparable to using our large size yoni eggs. There is no difference, except the shape, which is simply a matter of personal preference.

Medium Ben Wa Balls: Our medium ben wa balls are comparable to using our medium size yoni eggs. There is no difference, except the shape, which is simply a matter of personal preference.

Small Ben Wa Balls: Our small ben wa balls are best used in sets of two for advanced vaginal strength training. Try and rotate them, or clank them together while they are in your yoni!

HOW DO I INSERT A YONI EGG?

If you chose a drilled egg, the next thing you'll do to prepare for yoni exercise is to string it with unwaxed, natural dental floss, cotton, or hemp string. This is standard in modern day egg practice because the floss is hygienic, biocompatible, and disposal. Make sure to use a new string every time you use the egg. Cut off about 12 inches of the floss, string the floss through both holes in your egg (you may have to lick the end or twist it to get it to go through). Then tie a secure knot with the two loose ends on the lowest portion of the strings, furthest away from the egg.

Each time before practicing the egg exercise, you must warm yourself by massaging the breasts, making sure the vagina is expanded and some lubricating fluid is being emitted. You can also lubricate the vulva near the vagina and the vaginal opening with coconut oil or your usual natural personal lubricant. Coconut oil is soothing, carries antibacterial and anti-fungal properties. Once you feel that you are ready to insert the egg squat down, breathe and relax your pelvic floor (vaginal) muscles. Press and rest the large end of the egg on the vaginal opening and start moving the egg in slow circles, softly and slowly push the egg into the vagina, always insert the egg by placing the larger end of it inside the inner labia.

WHEN DECIDING WHAT SIZE EGG TO USE! I SUGGEST THESE TWO OTIONS:

When in doubt buy a large sized egg – this will fit most women, and is a great all-rounder egg for beginners and intermediate practitioners. If you have had children, are menopausal or are not 100% what size to purchase, I recommend buying a set of three, that way you can explore the various sizes and what feels best inside your yoni. The set of three is great if you want to work up to using the smallest egg, which is harder to hold inside, or the largest egg, which is heaviest to hold inside. It gives you the options and variety to explore the sensations of all sizes, as they have very different effects.

WHEN IS IT TIME TO MOVE DOWN A YONI EGG SIZE?

If you do your yoni egg exercises consistently for 8 weeks you can move down a size (usually). Just like working out at the gym, consistency is key to gaining strength and tone. You can also do the squat test: with your yoni egg inside, get down into a deep squat position and bear down like your having a bowel movement. If it falls out you may need a little more time with your current size. This is also a great strength training exercise for your yoni too; while in the deep squat, preform some kegel exercises with your yoni egg.

HOW DO I CLEAN MY YONI EGG?

After receiving your new yoni egg or other gemstones you should thoroughly wash it before its first use and after every use. To do this, simply place your yoni egg in hot water (DO NOT BOIL YOUR STONE) add some of our Yoni Wash or other natural soap and gently cleanse for a few seconds. This will wash away any bacteria and sterilize your yoni egg. Leave your yoni egg in the hot soapy water for up to ten minutes, rinse thoroughly and dry off. Store yoni egg in the included bag in a dry place.

With a regular practice it becomes important to energetically clean your yoni egg every couple of days. Sea salt bath: place your yoni egg in a glass bowl with clean water and sea salt. Leave no longer than overnight in the water. Sage, cedar, or palo santo: burn near your yoni egg so that it absorbs the cleansing smoke from your smudge stick. Check out our smudge sticks here. Sunshine and moonlight: leave your yoni egg in the sunshine for no more than two hours (the suns energy is powerful and can drain gemstones as well as affect their natural color). You may leave your yoni egg in the moonlight over night. Intentions + mantras: softly state a positive mantra over your yoni egg, followed by stating your intentions. For example: for your mantra say something like love or whatever you want it to be (as many times as you want) and then state your intention like, I will attract happiness and kindness today. We always preform this step before using our yoni egg.

HOW DO I EXPEL MY YONI EGG?

The yoni egg may come out on its own during or after your practice, or when you get up in the morning after wearing it to bed. Whenever it comes out, just know that your yoni was ready to release it and rest.

If you want to release it voluntarily, you can squat or sit on the edge of a chair with your hand ready to catch the egg, and gently bear down with your pelvic muscles as if you were releasing a bowel movement. (Note that the egg might come out inadvertently when you do relieve your bladder or your bowels, so be prepared to catch it!)

If you are wearing a drilled egg with a string, you can gently tug on the string while doing this pushing. Do not push forcefully, but slowly and in rhythm with your breath, avoid creating any uncomfortable sensations.

I CANNOT KEEP THE EGG INSIDE, WHAT SHOULD I DO?

This is very common as most of us have never exercised vaginal muscles before. Do not be discouraged! All great achievements begin from taking the first step. Once you start practicing you can progress pretty quickly.

If you find that you have trouble holding the egg in as you walk around, then just start with sitting while it is inside you a few times a week for 10 or 15 minutes (or whatever amount of time you have). Focus on squeezing the egg and see if you can feel it. If you do not feel any physical movement, you can focus on the pelvic area and imagine squeezing it. This will start engaging the part of your brain responsible for controlling these muscles. Be patient with yourself. You may just be attuning to these muscles for the first time in your life, and it might take some time and practice. It may also be that your pelvic floor is revealing weakness or tightness on physical, energetic, and emotional levels. The yoni egg practices can help you!

We recommend that you consult a pelvic specialist or yoni egg instructor to guide you through which exercises can address your specific situation.

I DO NOT FEEL THE EGG, IS IT NORMAL?

It is completely normal as the egg is not meant to be felt at all times. Otherwise it would be too distracting to wear it. Yoni egg is here to help you develop awareness of the inner workings of your vagina and gspot. By simply wearing it you can increase sensitivity and gain more control. You will notice that engaging your PC muscles or being in certain body positions allow you feel the egg more. Opposite of vibrators that dull the senses over time and make you require more and more stimulation, ben wa balls or yoni egg help you become more sensitive. Simply give your egg a “hug” and you will notice its’ delicate presence.

Included with your yoni egg order is a complimentary link to a web page with instructions where we go in depth on yoni egg practices and exercises.

What if my yoni egg gets lost in my vagina? Or worse, what if it gets stuck?

Your egg will not get lost in your vagina. It can't. But if your egg gets stuck, don't panic. Some women do experience vaginismus (the involuntary tightening of the vaginal muscles) during the use of their egg. The best thing you can do is to simply relax and know that all is well. Take this as a sign that your body is not done working with the egg, and use it as an opportunity for self-pampering and care.

THE EGG IS STUCK, WHAT SHOULD I DO?

The egg can only travel so far and will not go past the cervix. Relax, trust the process and use this as an opportunity to know your body and allow the crystal to do the healing work. It is a perfect time to meditate, listen to your thought and emotions, journal.

To help expel the egg add lubrication, like coconut oil or your lubricant of choice. Breathe deeply and relax. Squat or sit on the toilet, but be ready to catch the egg if you are not wearing the underwear the will hold it. You can help hook it with your clean finger. Be gentle, do not push hard and avoid creating any uncomfortable sensations. Vaginal muscles tend to tense unconsciously from stress, so if you are relaxed it will help the egg to come out quickly. Keep practicing and soon you will learn to expel the egg by command!

If you do not feel comfortable with the undrilled egg and would like to be able to take it out by command, you might purchase the egg that has holes you can put a string through. Drilled eggs might be used without the string as well.

Never use the egg in the rectum – unlike vagina, it the egg may get stuck there and then you are in trouble.

CAN MY EGG GET LOST INSIDE OF ME?

No. Same concept as wearing a tampon. If you are not using a string and it finds it's way up a little high, simply lay down and relax; it will travel down enough for you to scoop out with your fingers. Sitting on the toilet to urinate will usually do the trick as well (make sure to catch the egg so it doesn't fall in the toilet). Another way is the deep squat position; bear down and use your fingers if needed.

WHAT TO DO IF MY EGG FELL IN THE TOILET?

When wearing an egg throughout the day, try to remember about it when you go to the bathroom. The egg might come out inadvertently when you do relieve your bladder or your bowels, so be prepared to catch it! However if you forgot about it and dropped it in a toilet bowl don't get embarrassed, it has happened to the best of us! Inspect the egg for cracks. If it is intact you can keep using it after you DO wash and sterilize it.

WHAT IS THE DIFFERENCE BETWEEN DRILLED AND UNDRILLED EGGS?

A drilled egg has a hole in it you can put a string through that will allow you to pull the egg out by command or attach a weight. The drilled eggs could be used without a string as well. Choose the drilled egg if you are more comfortable knowing that you can take the egg out at any time. It can also be handy to have a string when go to the bathroom in case the egg decides to come out. Urinate as usual and hold on to the string. It is very important to completely relax your muscles when you use the bathroom. If the egg comes out it means that you probably had enough exercise for today and it is time to rest.

If you chose a drilled egg, the next thing you'll do to prepare for yoni exercise is to string it with unwaxed, natural dental floss, cotton, or hemp string. This is standard in modern day egg practice because the floss is hygienic, biocompatible, and disposal. Make sure to use a new string every time you use the egg. Cut off about 12 inches of the floss, string the floss through both holes in your egg (you may have to lick the end or twist it to get it to go through). Then tie a secure knot with the two loose ends on the lowest portion of the strings, furthest away from the egg.

Some women prefer undrilled eggs because it is easier to clean the undrilled egg after each use. The yoni egg is not just a kegel exercise tool, it is a sacred object that is here to help you with physical and emotional healing and transformation. It is here to help you learn something new about yourself and in order to learn you need to listen carefully. Crystals are the elements of earth they come from and each egg has a personality. If the egg stays inside you for longer than you want and expect, please relax and remember that it is doing the healing work you purchased it to do. Learning to trust the process and let go of control sometimes can be one of the most important things for happy fulfilling life and relationships.

HOW OFTEN SHOULD I WEAR MY YONI EGG?

Although doing the kegel exercises will enhance your experience with the yoni egg, one can reap the benefits by simply wearing it! We would recommend to start with about 2 hours 3 times a week. Just like working out at the gym, you need to allow your vaginal muscles time to rest and

repair. For spiritual use, try and use it daily or as much as possible to get the most benefits from the crystal energy.

However, if you find that you have trouble holding the egg in as you walk around then you should start with just sitting with the egg a few times a week for 20 or 30 minutes (or whatever amount of time you have) and focus on squeezing the egg and seeing if you can feel it. Over time your strength will increase so that you can walk around with it.

CAN I DO EXERCISE WITH MY YONI EGG?

The pelvic floor muscles, unlike other muscles in the body have the ability to regenerate and repair themselves in a short period of time. You can achieve any level of dexterity at any age, limited only by your desire and dedication. If one of the reasons for obtaining the egg was to build stronger yoni muscles and to gain control over them, yoni egg exercises will help you in achieving your goals.

Many women cannot feel our pelvic floor muscles at all. When practicing with the yoni egg you can begin to feel, tone, strengthen, and articulate your pelvic muscles. Yoni egg exercises should be approached slowly and with care. More advanced exercises can and should be practiced under the guidance of a pelvic specialist or yoni egg instructor.

Many women already experience excessive tightness of the pelvic floor which needs to be addressed prior to engaging in the yoni egg exercises that include squeezing and pulling of the pelvic floor. Every body is different and we suggest you to work with the pelvic specialist or yoni egg instructor who can recommend yoni egg exercises designed specifically for you.

WHO SHOULD NOT BE PRACTICING WITH A YONI EGG:

Please do not use Yoni Egg while pregnant. You don't want to jostle the uterus during pregnancy, or stir up energies or tissue release that could create contractions and compromise your pregnancy. If you have already developed a strong yoni egg practice and practiced regularly for 6 months prior to conception, you may be an exception. Still in these cases we recommend only the very passive, yin yoni exercises, and to consult your midwife or health care team. Yoni egg is a wonderful practice to embark on after you gave birth and your health practitioner confirmed that it is now safe to do so.

Women who have any type of internal infection (cervical, uterine or ovarian inflammation), or a fever, are advised not to practice with a Yoni Egg until the symptoms have passed. Women also should not practice if open sores or blisters are present. Please do not use a Yoni Egg if you have a Bladder, Vaginal, or Rectal Prolapse. Though it is not explicitly dangerous to your health, we do not recommend that you use the yoni egg during your menstrual time. Better to give your uterus space to release the monthly blood without adding any extra stimulus. If you have any

preexisting health condition not mentioned here, especially one that affects your pelvic floor and organs, please seek advise of your medical practitioner before starting the Yoni Egg practice

Using egg while pregnant or with an IUD

Please consult your doctor or midwife when using Yoni Egg while pregnant. If you have already developed a strong yoni egg practice and practiced regularly for 6 months prior to conception, you may be an exception. Still in these cases we recommend only the very passive exercises, and to consult your midwife or health care team. Yoni egg is a wonderful practice to embark on after you gave birth and your health practitioner confirmed that it is now safe to do so.

Please do not use Yoni Egg if you have an IUD. The movement of the egg can bump against the IUD and push it out of place. The yoni egg string can also become tangled with the IUD strings. This can reduce its effectiveness as a contraceptive device, as well as even create tears in the walls of your uterus.

SHOULD I USE MY YONI EGG WHILE ON MY PERIOD?

We do not recommend that you use the yoni egg during your menstrual time. Better to give your uterus space to release the monthly blood without adding any extra stimulus.

How will the yoni egg affect my menstrual cycle? Regular yoni egg practice will strengthen and tone the yoni, essentially making menstruation less painful, more regular and more manageable. It is recommended that you do not use your egg while menstruating.

SHOULD I PRACTICE VAGINAL WEIGHTLIFTING ?

Vaginal weight lifting is an ancient practice and can indeed be very powerful! Women that choose to engage in this practice have usually been using yoni egg for at least a couple of years, know their bodies very well and feel a natural desire to add weights that emerges from their regular practice. Otherwise weight lifting can put you at risk of damaging delicate nerve wiring and muscles of your pelvic floor. Advanced yoni egg exercises can and should be practiced under the guidance of a pelvic specialist or yoni egg instructor.

MY STONE IS CRACKED, CAN I STILL USE IT?

The internal cracks that you see in the rose quartz egg are normal to the material. If, however the egg start to chip, or peel, or external cracks (the cracks you can feel with your finger) start to emerge, then the stone's integrity has been compromised (this is likely to happen if the crystal was dropped on a hard surface). In this case please stop using the egg immediately.

HOW LONG WILL I HAVE TO USE YONI EGG BEFORE I SEE RESULTS?

Most women will see result within 2-4 week however each and every woman's genetic makeup, lifestyle and health status are unique. This is a major factor to bear in mind when it comes to seeing results. Everyone has specific results they are seeking. Some women will take a longer time to see any noticeable changes; the time scale for changes is based on the condition of the body prior to the use of the Yoni Egg. Once you have reached your goal muscle tone, you can reduce the frequency of use. However, in order to sustain the benefits, we recommend an ongoing routine once or twice a week.

CAN THE USE OF YONI EGG IMPROVE MY SEX LIFE?

Most definitely Yes, the pubococcygenus muscles contracts to produce the intense sexual pleasure during the vaginal orgasm. Stronger, healthier pubococcygenus muscles provide for, longer lasting, more powerful and more intense orgasm. Improved vaginal health will increase the frequency and ease of achieving orgasm and boost the overall sexual satisfaction for both the woman and her partner.

Will I be able to use the Yoni Egg if I suffer from vaginal dryness?

Yes absolutely, one of the benefits of the Yoni Egg is that with regular use, it will help to increase blood circulation, recharge the nerve ending which aids hormone reproduction, increasing lubrication.

WILL MY PARTNER BE SBL E TO FEEL THE DIFFERENCE?

100 % Yes, You have 3 main muscle in the vagina after you have practice the Yoni Egg exercise you will eventually gain full control of each individual muscle and will be able to manipulation each muscle at different times.

WHAT IF IM MENOPAUSAL, WILL USING YONI EGG BE OF ANY BENEFIT?

Yes! In fact, proper use of your yoni egg keeps muscles from atrophying and the uterus and other organs from sinking. Daily exercise increases blood flow to the pelvic floor, enhancing overall

tone, strength and sensation in the yoni. Menopause presents unique challenges to women, including vaginal dryness, loss of muscle tone and sensation. If you are peri-menopausal, menopausal or post menopausal, using a yoni egg in addition to herbal infusions and regular exercise is recommended.

HOW WILL THE YONI EGG AFFECT MY ORGASMS?

Regular yoni egg practice will strengthen and tone the yoni. With the correct use of your yoni egg, you can actually grow new nerve endings in the vagina, thereby increasing sexual pleasure. A healthy yoni means stronger, deeper orgasms.

CAN I OVERDO IT WITH YONI EGG PRACTICE?

Yes, it is possible to overwork your yoni which can stress the muscles and have the opposite effect. Remember, while your vagina is a strong muscle, the nerves and all neural pathways around it are still delicate. Start out slowly with your yoni egg practice, working up to a regular routine practice. Follow your body's cues. The point is not so much "strength training" as it is to tone and increase flexibility.

CAN I JUST DO REGULAR KEGEL EXERCISE?

Muscles are trained into strength through resistance and the use of weights - regular kegels will only minimally (or not at all) strengthen your pelvic floor and tighten your vagina. When you utilize a Yoni Egg and then do kegel exercises, you're entering into a whole new realm of power. With yoni eggs, you are essentially engaging in vaginal strength training, ensuring your muscles work harder and grow stronger, creating a subtle, strong, and nourished vagina. Yoni eggs works with the muscles inside your vagina through a series of contractions and releases. With yoni eggs, your vaginal muscles have to work to keep the egg inside by closing and constricting around it, lifting and releasing it, without the egg falling out.

HOW CAN A YONI EGG CLEANSE MY WOMB?

The thing about our emotions is this -- we store them in our bodies, and women tend to store a lot of negative emotions in the yoni area. When you have body work like massage done, or when you exercise, you release emotional charges that have built up in your tissues. Because a yoni egg exercises the yoni, your muscles will release emotional buildup and clear any psychic debris from this area each time you use your egg. Based on the energetic properties of your stone, you can get very specific with your healing intent.

YONI EGG PRACTICE CREATES POSITIVE EFFECTS THAT GO BEYOND SEXUAL WELLNESS.

Inside the vagina there are many reflexology points, just like the ones on the palms of our hands. They correspond with the internal organs – heart, liver, kidneys, spleen, etc. When you wear your egg you are massaging these reflexology points in a similar way to acupuncture, stimulating and rejuvenating the organs of your entire body. It has been noted that women who enjoy sex into old age tend to look younger. Practicing with an egg increases blood flow to your pelvic organs and helps move stagnant energy. Stimulating the ovaries in this gentle way balances hormone levels and reduces PMS and menstrual cramps. If you practice with Nephrite Jade egg, rose quartz egg, or black obsidian egg, you will also benefit from your stone's specific healing properties.

REFUND AND EXCHANGE POLICY

Due to the intimate nature of yoni eggs, returns will NOT be accepted. Yoni Eggs, Ben Wa Balls, Yoni Wands, and all other feminine hygiene products are non-refundable/exchangeable for hygienic and safety reasons. ALL SALES ARE FINAL!!!!

Damaged yoni eggs and other yoni gemstones will be replaced free of charge (we do require that you send the damaged items back; we will provide a pre-paid shipping label). Replacement items will not be sent out until returned items have been received.

Please inspect your shipment promptly (we recommend not ordering if you will be out-of-town) we require you contact us with in 72 hours of confirmed delivery about any damaged items. Contact after 72 hours voids our exchange policy. Pictures are required of the damaged items via text or email. Please send clear pictures in good lighting.

Our sizes are different than other yoni egg sellers, there is no standard size yoni egg among sellers. Returns will not be accepted for size differences, please do not compare our sizes with other sellers.

CHOKING HAZARD PRODUCTS MAY PRESENT A CHOKING HAZARD – USE CAUTION. KEEP OUT OF THE REACH OF YOUNG CHILDREN.

If you have any more questions related to the use of your new yoni egg please refer to our FAQs.