
Empress Organics

User Guide

Holistic Sexual Health & Healthy Living



Yoni Eggs & Benefits

What is a yoni? The vagina is called yoni in Sanskrit and loosely translates to "a sacred space." In Tantra philosophy, we approach the vagina from a place of the utmost love and respect. Yoni refers to the entire female reproductive system, including the vagina, womb, ovaries. The Yoni is also a sacred symbol of the Goddess, the abstract representation of Shakti energy, the creative force that moves through the entire Universe. A woman's yoni is her sacred source of vitality, and yet, in our Western culture, we are not taught to understand this. Instead, our culture is taught to regard the vagina with disdain. As Western women, we tend to store strong negative emotions such as shame, guilt and anger here. Every woman deserves to reconnect to her sacred space and using a yoni egg can help.

What is a yoni egg? A yoni egg is a sacred tool of feminine self-care, allowing women to honor her sacred space. The yoni egg has been used by women for centuries in Eastern cultures, and is more commonly known as a "jade egg" because they were once traditionally made of jade. Today, yoni eggs can be made of any type of semi-precious stone. A yoni egg is an egg-shaped stone or crystal used to insert inside the vagina to strengthen and tone the entire pelvic region – the pelvic floor muscles, the lower abdomen, the urogenital diaphragms and even the lower back. It works as a weight resistance tool to use while doing your “Kegel exercises”, which are pelvic floor pulses or contractions all women should do, especially after childbirth. There is plenty of research now to suggest that it’s best to use a yoni egg for doing your Kegels, rather than squeezing the walls of the vagina together with no weight resistance at all. When these muscles are strong they prevent leakage of our vital force and sexual energy and help us to keep it under control. There are a lot of benefits when it comes to using your yoni egg:

- ❖ Strengthen and tighten vaginal walls and increase sensitivity during intercourse.
- ❖ Practicing with a Yoni Egg not only helps tighten the vaginal walls; it also awakens the tissues, organs, and muscles, promotes new nerve growth, increases libido, and overall sensitivity. This will allow you to experience pleasure you didn’t even know was possible.
- ❖ Become A LOT more orgasmic.
- ❖ Gaining control of the perineum and all groups of pelvic floor muscles.
- ❖ Giving a lot of pleasure to your man and helping him with ejaculation control.
- ❖ Easier childbirth with less tearing of the tissue. If you have already given birth, this practice will help repair damaged nerve endings and speed your body’s recovery.
- ❖ Reducing PMS, menstrual cramps, breast discomfort.

- ❖ Reducing menopausal symptoms, by increasing vaginal lubrication and balancing estrogen levels.
- ❖ Harmonizing your emotions and healing your relationship to intimacy and sexuality
- ❖ Overcome some fertility issues.
- ❖ Overcoming traumatic experiences of sexual abuse.
- ❖ Strengthen pelvic floor to cure incontinence and prevent prolapse in the future.

Choosing The Right Size Yoni Egg

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.



Choosing The Right Stone

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. Women would start with healing Jade, then introduces Black Obsidian to work with and integrate her 'shadow,' and finally when she feels ready, Rose Quartz which opens the Heart. These stones have been used for thousands of years and their safety and healing benefits are time tested.

How To Wash Yoni Egg & Other Gemstones

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.

Proper attention and care to one's feminine hygiene is an absolute necessity prior to beginning this practice. Cleanliness of the vaginal canal and the eggs are equally important. A word of caution about using soap or any unnatural products : some people are allergic to certain chemicals that are found in soap and other products, especially when inserted into the

vagina canal where the membranes are very sensitive. Using unnatural products can cause yeast or bacteria infections.

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 sun's 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.

How To Insert 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.

You may move your hips or gently pulse the egg with pressure here at the entrance. Engaging your breath, allow the mouth of your yoni to draw the egg inside you. Do not push or force it. Just give it a gentle nudge, following the angle and direction of the current. It may take a few times of working this far in the practice just to find this relaxed, listening connection. Do not push the egg all the way up the cervix. Allow your yoni's intelligence to draw your egg to where she needs the contact.

Once your yoni egg is in there are a few different way to use it. Practice tensing your muscles around the stone and feeling the sensations within your body. We recommend starting with a large sized egg and working your way down in size.

Exercising With Yoni Egg

Start by creating a calm and pleasant environment where you can practice with your yoni egg, then take three deep breaths far down in the stomach and relax completely.

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, the exercises below will help you in achieving your goals.

Some women cannot feel their pelvic floor muscles at all, with these exercises, you can begin to feel, tone, strengthen, and articulate your pelvic muscles. To perform these exercises correctly it is necessary to first locate your PC muscle (pubococcygeus muscle). In order to do it, tense or squeeze the muscles of the genitals as if trying to stop a urine flow.

Exercise 1

Lie with your back straight and your feet hip-width apart on the ground, bring your awareness to your PC (pubococcygeus) muscle – the muscle you squeeze to stop yourself from urinating. As you inhale for four slow counts, gently squeeze your PC (you would be squeezing your Jade Egg if it were inside of you), and as you exhale for four slow counts relax your PC. Continue to squeeze and release, inviting your vagina to really melt open on the exhalation. We hold a lot of unconscious tension in our vagina, and Vaginal Squeezes help us release everything that we are holding onto that is not serving us. What's SUPER important to understand, is that the 'release' is even more important than the squeeze. So make sure as you exhale, you give yourself permission to release your vagina fully, otherwise your risk building tension in the vagina which leads to an array of health problems, not to mention, an inability to orgasm. Squeeze and count to five. Then relax. Repeat this ten times. Over time, you can increase the time you squeeze your muscles and increase the repetitions.

Exercise 2

Lie just as in exercise number one. Tighten your abdominal muscles and lift your hips as far up you can. Let it be comfortable. When you lift your hips, you breathe in. Hold the tension and the breath up there for three seconds. squeeze your vaginal muscles when you do this. Then exhale, let your hips drop down and relax properly. Feel the relaxation spread in the body. Repeat this exercise three times at first. over time, you can increase your repetitions.

Exercise 3

Lie down with your legs straight out. Keep your legs straight and then begin to flex your right foot as you point your left foot. Switch as if you stepped on two different pedals. When you flex your right foot squeeze the right side of your vaginal muscles. When you flex your left foot squeeze the left side of your vaginal muscles. In the beginning, it may feel difficult to find your vaginal muscles side, but it comes with a little practice. Repeat this ten times altogether.

Exercise 4

Kneeling on the floor, hands on thighs, spine tall and shoulders relaxed, inhale and squeeze your vagina as you flex forward, and exhale and release the squeeze as you flex back. Allow the movement to come from your pelvis, so you feel like you're riding a camel! Repeat 60 times, flexing at your own womanly pace. Be careful with your neck, and simply look forward throughout the pose if you feel any discomfort at all. The flexibility of our spine is directly related to how youthful we feel and look, hence this is powerful pose in helping us maintain a healthy radiance.

Vaginal Weight Lifting

The only difference between the Egg Exercise and Vaginal Weight Lifting procedure is the addition of a weight to the specially drilled egg. Or, you may easily hold the string, which hangs from the egg, and pull down while simultaneously drawing up with the vaginal muscles. Usually an egg is chosen of approximately a one-inch diameter with holes drilled in it through which a string can be threaded for attachment to a weight. Use a sturdy string that can sustain at least ten to twenty pounds of weight, or use three strands of string. Begin with a one-half pound weight. You can buy a half-pound plate that has a hole through which the string can be tied, or use a small cotton or plastic bag into which a weight can be placed and the bag easily attached to the egg's string and hung.

The exact sequence of steps is then followed as described in the Egg Exercise above. This time, however, do not move the egg up and down. Hold it by tightening and squeezing the external and middle sections of the vaginal canal around the egg and pulling the egg up. Do not release it. This exercise is to be performed one time only, two to three times per week, with the weight gradually increasing in one-half pound increments.

Listen to your body and use common sense. Follow your intuition on how long to wear the stone and how often. The point is to get to intimately know your vagina more. Each type of crystal stone will have different effects, you should try them out and increase your sensitivity.

Removing & Cleaning Yoni Egg

If you want to release your egg 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.

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. 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.

Warning!!

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.

Returns & Refunds

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.

EMPRESS ORGANICS