

V Steams

Lashes & Brows By Ashly

www.lashesandbrowsbyashly.com

Cramping My Style

- Motherwort
- Nettles
- Thyme
- Orange Peel
- Oasttraw
- Chamomile
- Lemon Balm

For: painful cramps, irregular period, bloating, PCOS, missing period, blood building, decreases heavy flow, vaginal



Love Thy Uterus

- Guava Leaf
- Lady's Mantle
- Mugwort
- Shepherd's Purse
- Ashwaganda
- Yarrow
- Astragalus
- Ginseng
- Rosemary

For: post birth healing, tighten muscles, assists with healing of hemorrhoids,

Kitty Cleanser

- Lavender
- Sage
- Rosemary
- Thyme
- Ashwaganda

For: balance of PH, help with smell, BV, vaginal dryness, disinfecting, cleansing, etc

Pleasure Me

- Basil
- Parsley
- Lemon Balm
- Hibiscus
- Nettles

For: vaginal dryness, increase sensitivity, tighten the vaginal area, etc



History of V Steams

Yoni steaming, or V Steaming, is an ancient secret feminine wellness. This is a natural, organic, and gentle holistic approach to support a healthy and balanced menstrual cycle. Yoni steaming is a form of hydrotherapy that is well known all around the world for centuries. V Steaming has many names, some name include yoni steam, v steam, vaginal steaming, or Bajos. We get our herbs locally, and utilize herbs that come directly from mother earth herself. This is a warm and relaxing experience that will provide some of the following benefits:

Increases fertility

- Reducing menstrual symptoms, bloating, cramps, exhaustion, and heavy bleeding
- Decreases heavy menstrual flow
- Regulation of irregular or absent menstrual cycles
- Provides quick healing and tone the reproductive system after giving birth
- Eases discomfort of the uterine
- Promotes healing after a c section
- Assets with the healing of hemorrhoids
- Helps to restore PH balance to aid in prevention of infections, BV, and odors
- Relives symptoms caused by menopause
- Helps tighten the vaginal area
- Detoxifies the womb, body, and mind
- And many other benefits

Quick Facts:

- Do not steam if you are pregnant, full menstrual flow, having any form of acute outbreak or infections, or open wounds at the perineum area. Those with an IUD can only utilize our short and mild level steams.
- Steaming should be done once a month for no longer than 50 minutes.
- Steaming for menstrual purposes should be conducted two weeks before the start of your cycle.



We, at Lashes & Brows By Ashly, thank you for supporting us, and caring about your vaginal health.

Don't forget to check in on Facebook, and leave us a review regarding your experience.

