



Legacy Made XPerience www.legacy-made.com (708) 365.8269

Legacy Made XPerience INTAKE FORM

Contraindications

These are times when it is not beneficial for a women to steam. First, let's make sure you don't have any contraindications.

| Check all that apply | YES | NO |
|---|-----|----|
| Are you under treatment for Infertility? | | |
| Are you currently on your period? | | |
| Do you currently have fresh spotting? | | |
| Have you has spontaneous bleeding in the past 3 months? | | |
| Have you had 2 periods per month within the past 3 months? | | |
| Are you pregnant or there is a possibility of pregnancy? | | |
| If trying to conceive, are you past ovulation? | | |
| Do you have any open wounds, sores, blisters or stitches? | | |
| Do you have a vaginal infection or fever? | | |
| Do you have an infection characterized by a burning itch? | | |
| Do you have a vaginal piercing? It will need to be removed. | | |



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IMPORTANT: If any of the above conditions have been marked, you are contraindicated for steaming at this time- you are NOT safe to steam.

Please Mark any of the Following that Apply

Do you have tubal coagulation (burning of the fallopian tubes through laparoscopic surgery through the belly button)?

Do you have a birth control arm implant (i.e. nexplanon)?

If you have an IUD

Stems help release matter from the uterus. To date, there are no incidents of IUD's being released with vaginal steam baths. They are on the caution list but no longer contraindicated. However, I will ask that if you have an IUD, you sign a Liability Release Form that you are aware of the possibility of your IUD releasing.

IMPORTANT: If you are using the above birth control methods vaginal steaming could cause a birth control failure. It is not recommended unless you are okay with a backup form of birth control or you are not concerned about a possible pregnancy.

FDA Disclaimer

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Please see chart below to help identify the best herbal blend for your needs and concerns.

| CLEANSING >28 | DISINFECTING | HYDRATING | GENTLE | LOVE |
|---|--|----------------------------------|----------------------------------|---|
| Heavy Menstrual Bleeding | Recurring Yeast Infections | Vaginal dryness | Infertility/Fertility | Similar concerns as Cleansing |
| Cycle greater than 28 days | Recurring Bacterial Vaginosis | Decreased libido | Post-Partum Care | Similar concerns as Disinfecting |
| Heavy cramping | Unpleasant odor | Decreased lubrication | Hemorrhoids | Similar concerns as Hydrating |
| Painful Period | Recurrent Vaginal Infections/ Uterine Fibroids | Hot flashes | Cycle less than 27 days | |
| Painful Ovulation | Uterine Infections/Uterine Polyps | Painful Intercourse/ Pelvic Pain | First time steaming | |
| Dark Blood at beginning or end of cycle/ Clotting | | Pain in Genital Area/ Low Libido | Uterine weakness | |
| BENEFITS: | BENEFITS: | BENEFITS: | BENEFITS: | BENEFITS: |
| Promotes Regular Menses | Anti microbial Purification Healing Herbs | Recycle fluids | Tones uterus; Tighten muscles, | Tones uterus |
| Tones Uterus | Anti bacterial, Anti fungal | Increase natural lubrication | Heals scar tissue, vaginal tears | Anti bacterial, Anti fungal |
| | | | Rebuild post miscarriage | Anti microbial Purification Healing Herbs |