



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

The products and statements made about specific products have not been evaluated by the United States Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure or prevent disease. All information provided or any information contained on or in any product label or packaging is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional. You should not use the information for diagnosis or treatment of any health problem. Always consult with a healthcare professional before starting any new vitamins, supplements, diet, or exercise program, before taking any medication, or if you have or suspect you might have a health problem. Any testimonials are based on individual results and do not constitute a guarantee that you will achieve the same results.



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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