



Yoni Pearl Instructions

A Gentle Detox for the Sacred Feminine

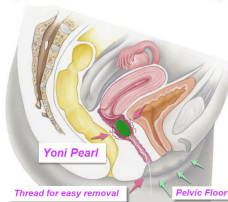
Begin your Yoni Pearl cleanse **after your menstrual cycle has ended**. Do not use during menstruation. Refrain from sexual activity during the detox process.

Preparation



1. Wash your hands thoroughly with soap and warm water.
2. Gently cleanse your vulva with mild, fragrance-free soap and water. Pat dry with a clean towel.

How to Insert a Yoni Pearl



1. Find a comfortable position—**either squatting or lying on your back with knees bent**.
2. Using your **middle finger**, insert the Yoni Pearl deeply into the vaginal canal, approximately 7 cm (2.5 inches), close to the cervix.
3. Ensure the **cotton string remains outside** of the body for easy removal.

Course of Treatment

A full cleanse includes **3 Yoni Pearls**, used in a specific sequence for optimal results:

Step 1

- Insert the 1st Yoni Pearl and leave it in for **up to 72 hours**. Remove using the string and dispose. Can douse in between pearls and wear a pantyliner for the next 24 hours as your body releases detox discharge. Wait 24 hours before proceeding to Step 2.



Step 2

- Insert the 2nd Yoni Pearl for another **72 hours**. Remove pearl and douse in between pearls then wear a pantyliner for 24 hours. You may notice **white, cottage cheese-like discharge**. Wait 24 hours before Step 3.

Step 3

- Insert the 3rd Yoni Pearl and keep in for another **72 hours**. Remove pearl and douse in between pearls then wear a pantyliner for 24–48 hours. Discharge may continue. Afterward, gently rinse your vulva with warm water only.

Sensitivity Test (Optional)

If you're sensitive or new to Yoni Pearls, begin by using **one pearl for just 24 hours**, then remove and observe. If no irritation occurs, continue with Step 2.

Important Detox Tips

- Drink **1 gallon of water per 100 lbs of body weight** daily to support your body's natural detox.
- Allow your body to expel discharge naturally—**do not insert fingers to remove it**. This process may take 2–3 days.
- If needed, extend the rest period between pearls to match your body's pace.

A Note of Sacred Self-Care

Honor this process as a time of rest, renewal, and reconnection with your womb. Listen to your body, move gently, and embrace hydration, warmth, and stillness as your womb releases what no longer serves.