



THE YONI SHOP, LLC  
INTAKE / WAIVER FORM

Date: \_\_\_\_\_

Name \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

**Contraindications**

There are times when it is not beneficial for a woman to steam. First, let's make sure you don't have any contraindications. Please answer the following questions. Y/N

Are you currently on your period? \_\_\_\_\_ Do you currently have fresh spotting? \_\_\_\_\_ Have you had spontaneous bleeding in the past 3 months? \_\_\_\_\_ Have you had 2 periods per month within the past 3 months? \_\_\_\_\_ Are you pregnant? \_\_\_\_\_ If trying to conceive, are you past ovulation? \_\_\_\_\_ Open Sores \_\_\_\_\_ Under the influence of any drugs? \_\_\_\_\_ Any allergies to herbs? \_\_\_\_\_

**\*\*\*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.

YEAST INFECTION \_\_\_ BV \_\_\_ PCOS \_\_\_ MENOPAUSE \_\_\_ HERPES \_\_\_ IRREGULAR PERIODS \_\_\_

VAGINAL DRYNESS \_\_\_ BIRTH CONTROL \_\_\_ IF YES WHAT KIND? \_\_\_\_\_ CYSTS \_\_\_

FIBROIDS \_\_\_ ENDOMETRIOSIS \_\_\_ HEAVY PMS SYMPTOMS \_\_\_ INFERTILITY \_\_\_ WOMB TRAUMA \_\_\_

BLADDER LEAKAGE \_\_\_ VAGINAL ODOR \_\_\_ HEMORRHOIDS \_\_\_ VAGINAL PIERCING \_\_\_\_\_

ANY QUESTIONS? OR CONCERNS?

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# WAIVER FORM

[PLEASE READ]

Most of the side-effects reported while steaming is positive. Users have reported better sleep and lucid dreams, relaxation, decreased swelling in legs and feet, decreased abdominal bloating, slimmer waistline, increased libido and sexual sensation; increased vaginal nectar and fertility, decrease in breast soreness, fewer headaches, fewer PMS symptoms and improved emotional balance, increased circulation and energy, tingling feet, glowing skin, reduction in incidence of hormonal acne and increased lubrication and vaginal nectar, scar softening, tighter vaginal canal and harmonization with the moon cycle.

WHAT TO EXPECT: Yoni Steaming is a cleanse. Some of the possible signs the vaginal steaming is working is if you experience -- the urge to urinate while steaming, Natural increased vaginal discharge, emotional release, periods that come earlier or later than expected. Muscle cramps, relaxed feeling. All of these signs are a normal part of the cleansing process and these signs will go away once the cleanse is complete. Please note these changes and let your practitioner know of these positive changes.

## BEST PRACTICES

- 1) Go to the bathroom directly prior to vaginal steaming.
- 2) Learn proper period care. Avoid tampon use and instead use cotton pads or period panties. The period is a uterine cleanse and if you support it the clots can easily clear out. Plugging up with tampons, on the other hand, prevents the old residue from clearing out and that is often the cause of cramping. It's also important to rest during the period and to eat the right foods.
- 3) Increased vaginal discharge can be addressed by using cotton underwear liners and a peri-bottle throughout the day to clean mucus off the skin.
- 4) Drink a lot of water

I understand that vaginal steaming may have positive or negative side effects as a result of doing a vaginal steam session. I accept legal responsibility for my choice to do a vaginal steam session and waive the responsibility of the practitioner and the facility where the steam session takes place in the case that any side effects (or others) may occur. I'm also aware that all my information is strictly confidential and can not be shared to anyone unless advised.

Client's Printed Name \_\_\_\_\_

Signature \_\_\_\_\_ Date of Signature: \_\_\_\_\_

YONI PRACTITONER REMARKS:

