

## **V-Steam Guidelines**

### **Path of Life Healing Center**

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#### **After Session Instructions:**

1. Immediately after you get up look in the pot. If you see foam or bubbles, it indicates the release of various amounts of wastes, bacteria, and toxicity. Therefore, you will need to comeback for 2 – 3 more detoxes every 2 – 3 weeks until the pot residue is clear.
2. Please no alcohol or caffeine 24 hours after your session.

#### **After the V-Steam or Later that Evening:**

1. Mix ¼ cup apple cider vinegar OR the juice from one squeezed lemon in to 16 oz of water. Wipe down the outside of your private areas and thighs to neutralize any bacteria, wastes, and toxins released through perspiration. Lastly, take a cool shower.
2. Moisturize your skin with natural olive, safflower, sunflower or coconut oils or shea butter (these oils contain antioxidants).
3. Drink 48 ounces of water to rehydrate and flush your system.

#### **Benefits of the V-Steam:**

- Stimulates the production of hormones to maintain uterine health
- Cleanses the uterus and vaginal tract
- Helps in regulating regular menstrual cycles and eases cramping
- Helps fight infections and fights vaginal odors
- Tightens and tones the Vtract and uterus

#### **Supplements to Help Keep Your Reproductive System Healthy:**

1. For yeast infections, consume yogurt (plant-based or dairy) and probiotic drinks like Kombucha, Kevita and Kefir. You can take Probiotic capsules also. Drink ginger tea for cramping.

#### **How Many V-Steam Do I Need?**

1. WEEKLY OR BI-WEEKLY SESSIONS - if you have odors, BV, yeast infections, or UTIs, it will take about 3 or more to get results.
2. MONTHLY SESSIONS - if you have hormonal imbalance, reproductive issues, menstrual issues (heavy cramping, bleeding...), sexually active, need help to stay fresh, and/or have a stressful lifestyle.
3. MONTHLY SESSIONS - for tightness, pre-sex tightness, and freshness
4. EVERY SIX – TWELVE WEEKS - if you don't have any issues.

**Contraindications: Wait 24 – 48 hrs before or after waxing & shaving to Vsteam**

**The V-Steam is a non-invasive therapy** utilizing non-harmful herbs such as calendula, lavender, mugwort, motherwort, nettles, red raspberry, myrrh, red clover, wormwood, chamomile, spearmint, and yarrow.