



I AM ALCHEMY

Her Release Cleanse

There are layers to what we carry... emotions, stress, and experiences that were never fully processed. Her Release Cleanse is a gentle, yet powerful reset designed to support deep emotional and physical clearing through the womb, our emotional center. It works with your body's natural rhythms to release stagnation, regulate your cycle, and create space for renewal. This is more than a cleanse. It's a return to yourself.

This is especially supportive for those experiencing cycle irregularity, clotting, heaviness, emotional holding, or hormonal transition.

Supports:

- Detoxifies and nourishes the reproductive system
- Softens emotional residue such as grief, heaviness, stagnation and anger
- Regulates cycles & supports hormonal balance
- Alleviates menstrual discomfort
- Enhances fertility & uterine tone
- Supports downward release (apana vayu) for healthy elimination
- Invites renewal of feminine energy (shakti), creating space for creativity and receptivity
- Prepares the womb for deeper nourishment and repair

Why Use It

- Clear excess heat, dampness, and stagnation
- Supports cycle regularity & healthy flow
- Eases painful cycles, clots & PMS symptoms
- Releases stored emotions & energetic residue
- Preparing to conceive or begin a new creative cycle



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When to Use

- Begin the cleansing practice the day after the new moon for 3 consecutive days.
- Do not use on your bleed. If you are bleeding during the new moon, start the cleanse after your menstrual cycle has stopped.

Preparation For Vaginal Use:

- Add 2 tbsp of Her Release Cleanse to 3 cups of hot water. Let it steep until it reaches room temperature.
- Strain the herbal tea. The spent herbs can be discarded.
- Make sure the herbal tea is cool to body temperature before use.
- Pour into an enema bag for the infusion ritual.

Ritual Instructions:

1. Set Your Intention. Place your hands over your womb. Speak quietly, what you are ready to release. This may be old emotions, physical tension, or stagnant energy no longer serving you.
Mantra: "I release what weighs heavy. I make space for renewal."
2. Gently insert the applicator of the enema bag into the vaginal canal.
3. Allow the room temperature herbal tea to flow slowly into the womb space by releasing the lock or valve.
4. While the tea flows, perform a few gentle Kegel holds for several seconds at a time. This helps hold the herbs within and deepens absorption.
5. Let the herbal tea flow out completely. Once finished, carefully remove the applicator.
6. Rest in sacred stillness. You may choose to:
 - Meditate with hand over womb & heart
 - Practice soft, conscious breathing
 - Journal any feelings, visions, or insights that arise
 - Use Her Calm Balm to massage the womb space for nourishment



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Contraindications:

- During or directly after menstruation (wait 2 days)
- During pregnancy or trying to conceive
- Any vaginal bleeding
- Directly after eating
- Diarrhea
- Emaciation
- Postpartum: wait 8 weeks and consult Practitioner
- IUD
- Prolapse
- Under the age of 16
- Over the age of 70 (depends on mindset of person)

Storage

- Keep in a dry, cool place. Last up to 1 year. Always use a clean, dry spoon to maintain quality.
- Enema bag not included

Ingredients

- Organic rose petals, organic raspberry leaf, organic triphala, organic ashoka root

**Move gently with your rhythm and trust the process.
For questions, contact camilla@iamalchemyco.com.**



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Her Release Cleanse AfterCare Guide

Symptoms You May Feel and Why

After a womb cleanse, the body begins to release stagnation, emotions, and toxins held in the womb. This can temporarily show up as:

- Belly bloating
- Emotional heaviness or mood shifts
- Yeast Infection

This is a sign of movement and release, your body's wisdom making space for renewal.

Gentle Support for Balance

- Warm Herbal Teas - Sip CCF tea (cumin, coriander, fennel) or ginger tea to soothe bloating and support digestion.
- Belly & Womb Massage - Warm sesame oil or Her Calm Balm around your lower belly and lower back. Use soft clockwise circles to move energy and emotions.
- Grounding Foods - Favor warm soups, kitchari, and stewed fruits. Avoid raw, cold, or heavy foods for 1-2 days.
- Movement & Breath
 - Knees-to-chest pose (Apanasana)
 - Gentle twists
 - Deep belly breathing or sighing exhales to soften
- Rest & Integration - Create quiet time. Journal, rest, or place a warm compress on your belly to anchor release.

When to Pause & Seek Support

If bloating is severe, painful, or lasts more than 3 days, or if you feel nausea, fever, or sharp pain, pause the cleanse and check in with a practitioner.

Remember: Bloating is often the body's way of moving old energy and waste. Trust the process, soften, and return to practices that ground you in your own rhythm.

**Move gently with your rhythm and trust the process.
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