

WOMB NOURISHING GHEE

An herbal-infused ghee crafted to replenish the womb, soothe tissues, and deliver deep nourishment through the skin and sacred portals of the body. Rooted in Ayurvedic wisdom, this golden medicine melts into your body's deepest layers - restoring vitality, balancing cycles, and holding you in the ancestral tradition of womb oiling.

When to Use

- Follicular & Ovulation Phase – to deeply nourish, cool inflammation, and replenish tissues.
- Luteal & Menstrual Phase – to ground, warm, and ease tension.
- Perimenopause & Menopause – to lubricate, balance, and soothe dryness.
- Anytime the womb feels depleted, dry, or in need of loving care.

How to Use

- Topical Womb Massage – Warm 1–2 tsp between palms and massage over lower belly and womb in slow, circular motions during luteal & menstrual phase
- Yoni Nourishment – Warm a small amount and apply externally (or internally with clean hands or applicator) to hydrate, soften tissues, and deliver herbal medicine directly - during follicular & ovulation phase.
- Ritual Pairing – Use after a warm bath, steam, or castor oil pack for deeper absorption.
- Sacred Pause – Close your eyes, place both hands on your womb, and breathe into her, whispering words of gratitude.