

## HERBAL WOMB CLEANSE

A gentle yet potent herbal infusion to clear stagnation, restore balance, and renew your womb's vitality. Inspired by ancient Ayurvedic womb-care rituals, this cleanse supports apana vayu (downward flow) and the release of what no longer serves — physically, emotionally, and energetically.

### Why Use It

- Clears excess heat, dampness, and stagnation
- Supports cycle regularity & healthy flow
- Eases pelvic heaviness & congestion
- Releases stored emotions & energetic residue

### When to Use

#### Cycle in Harmony with Rhythms

- Begin the cleansing practice 3 days after your menstrual cycle ends, 3 times per month during the new moon window — either on alternating days or on 3 consecutive days.

#### Menopausal Cycles or Rhythms Out of Balance

- Begin the nourishing practice the day after the new moon, 3 times per month during the new moon window — either on alternating days or on three consecutive days.

### How to Use

- For Vaginal Use: Brew 2 tbsp of herbs into a strong tea decoction.
- Strain the herbal decoction. The spent herbs may be discarded, or added to your bath for a nourishing soak.
- Cool to body temperature, and use with an enema bag.



## HERBAL WOMB CLEANSE (CONT.)

### Create Your Sacred Space

- Light a Candle or Incense
- Play soft, nourishing music or simply listen to the rhythm of your breath. Sound helps regulate the nervous system and opens the body to release.
- **Set Your Intention.** Place your hands over your womb. Speak quietly, what you are ready to release. This may be old emotions, ancestral residue, physical tension, or stagnant energy no longer serving you.  
“I release what weighs heavy. I make space for renewal.”
- Pair with rest, journaling, and light meals for deeper effect.

### Contraindications

- During or directly after menstruation (wait 3 days)
- During pregnancy
- Any vaginal bleeding
- Directly after eating
- Diarrhea
- After emesis, purgation or enema
- Emaciation
- Under the age of 16
- Over the age of 70 (sometimes depends on mindset of person)