

We are excited for you and want you to have the best experience and results! Please take a moment to review our After-care Instructions.



**Preparing for your Yoni Steam
~Care Instructions~**

1. Avoid Shaving or waxing prior to your appointment.
2. Be sure your menstrual cycle is completely done before coming in for your appointment.
3. You CANNOT steam if you are pregnant.
4. You can do a Yoni Steam after childbirth, however, you must wait at least 6 weeks (and you should get clearance from your healthcare provider).
5. You can have sex after yoni steaming and resume normal activity. Remember steaming does increase fertility so take precaution if you do not wish to become pregnant.
6. You should not steam to treat or cure any STD's. Be sure to check with your healthcare provider if you are experiencing any signs or symptoms associated with an STD.
7. You can steam if you have an IUD, however, you do not want to steam often and you should limit your time steaming. Be sure to check with your healthcare provider with any additional questions or concerns.

Have Questions about our services? Call us at 713-364-8040