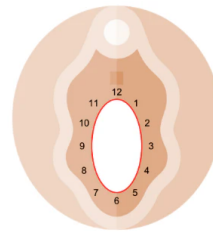


# How to Use Your Pelvic Wand

Taking this step is something to be proud of. You don't have to have it figured out — you just have to start. This is your body, your timeline, your win. With a little routine, progressing at your own pace, you will feel your best in no time. **You've got this!** — *P.S. These are general suggestions; it's best to consult your provider for personalized advice.*

## THE STEPS

- 1 **Clean** — While each device has been thoroughly sanitized, we recommend washing the wand with warm water and soap before each use.
- 2 **Find A Safe Place** — Find a comfortable place in your home where you will be free from interruptions or distractions. It's important to be able to stay relaxed both mentally and physically.
- 3 **Choose An End** — Either end can be used depending on what feels most comfortable to you. The wider pointed end provides a greater surface area to help relieve deeper muscles while the thinner, rounder end allows for easier insertion and can address more focused areas of tension.
- 4 **Apply Lubricant** — Apply a generous amount of water-based lubricant to the wand and the opening of the vagina. *Do not use petroleum jelly (Vaseline®) as it may cause irritation, nor silicone-based lubricant as it will break down the material over time.*
- 5 **Position Yourself** — Start by lying on your back with your knees bent and feet planted. For easier access, it may be helpful to prop yourself up with pillows under your knees and bottom. Some find it comfortable to sit in a bath tub with legs resting on the sides of the tub. Whichever position you choose, it's most important to find a position in which your body is not holding tension.
- 6 **Soften & Insert** — Begin by breathing deeply into your belly and slowly breathing out. When you are relaxed, bring the wand to the opening of the vagina or rectum and slowly insert it on an exhale.
- 7 **Find Tender Points** — When speaking of points to apply pressure, refer to numbers on a clock, with 9 o'clock being the left side of the vagina and 3 o'clock being the right. Gently sweep upward along the sides from 5 to 1 o'clock and from 7 to 11 o'clock. Unless instructed by your healthcare provider, it is best to avoid 12 o'clock as this area is delicate.
- 8 **Repeat** — Repeat this process one or two times per day, using different depths of insertion as needed.



## MAINTENANCE & CARE

- ✦ Clean the wand with warm water and soap before and after each use
- ✦ Store in a cool, dry place away from direct sunlight
- ✦ If you find a defect in your wand, contact [Support@NewFlora.com](mailto:Support@NewFlora.com) for a replacement

Take your time and move at your own pace. Comfort and relaxation matter more than speed. When in doubt, reach out to your provider.