



WOMB HEALTH AT PEACE

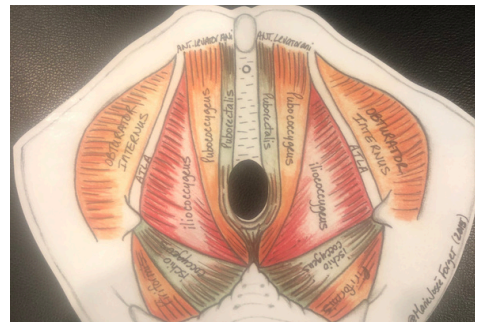
PRIVATE CUSTOM WOMB HEALTH CONSULTATION | \$195

75 min consultation with medicine woman & doula, Berenice Gonzalez Garcia, CM, LMT

Reawaken your strength and radiance by connecting to your power center, your womb. When you heal the womb, you liberate your entire body and being.

A Womb Health consultation can be helpful when making any life shift. Whether you're preparing for a healthy pregnancy and birth, are postpartum, pre/peri/menopausal, or if you simply wish to reclaim your vital feminine energy, discover healing self care rituals that are deeply rooted in ancestral wisdom.

Berenice is a caring and intuitive certified midwife, massage therapist, herbalist, and medicine woman who will help you learn, relearn, and reclaim ancient healing techniques for a transformative healing process from the inside out.





WOMB HEALTH AT PEACE

Whether or not we're still menstruating, women go through cyclical phases of creation, death, and rebirth every month and throughout our lives. Our **Women's Health Treatments** offer deeply integrative and transformative healing experiences that support women of all ages in their cycle. These treatments are done by certified midwife, massage therapist, herbalist, and resident medicine woman, Berenice. Full descriptions on the next page.

YONI PACKAGE | \$178

Combine Yoni Steam + Womb Massage for a powerful 90-minute experience

YONI STEAM

Remove toxic emotional and physical energy, and bring balance, harmony, and honor to your womb space. Sitting discreetly on a wooden yoni steam box, the detoxifying herbal steam will permeate your vagina and open your uterus in this time-honored female ritual.

WOMB MESSAGE

Receiving this massage regularly can address, and even reverse, states of chronic fatigue, anxiety, intestinal disorders, menstrual issues and more. A womb massage is an intense, intimate, and fascinating experience. (Full description on page 1)

4-STEP WOMEN'S RITUAL | \$248

Receive all four treatments in one transformative 2-3 hour experience.

1. ENERGY-RELEASING MESSAGE

A massage to locate nodules, tension, fear, and stored, encapsulated energy that needs to be released and relieved from the body's grip.

2. HERBAL BATH *OR YONI STEAM

Many women's dis-eases and emotional conditions are from having a hard, cold center in the uterus and abdomen. This hot herbal bath returns heat that the woman may have lost during the process of childbirth, trauma, and/or life transitions.

3. SWEAT

You'll be covered in blankets like a cocoon (nose exposed) to encourage the body to sweat and release stored energy and emotions.

4. REBOZO WRAP *OR WOMB MESSAGE

Seven bodily points (head, shoulders, ribs, hips, thighs, calves, and feet) will be tightly wrapped with long cloth strips. Simulating a swaddled baby after birth, this provides deep and powerful relaxation, comfort, safety, integration, and reconnection to your center.

*Specify treatment choice at the time of booking - see treatment details on Page 3

Prices do NOT include tax or tips.

Please check in at the reception desk 15 minutes prior to your appointment time.

Cancellations within 24 hours will incur a 50% fee of treatment price.

Missed appointments will be charged 100% of treatment price.



WOMB HEALTH TREATMENTS

EXPLAINED

YONI STEAM

This ancestral balancing self-care practice is done by women worldwide to support wellness, deep wisdom, and reunion with the feminine body and relationship to your sexuality. Through a synergistic combination of homegrown flowers and herbs, she'll sit on a yoni steam box, allow the warmth of the steam to gently permeate the vagina, open the uterus, and remove energetic cords and emotional and physical toxins.

WOMB MASSAGE

This experience releases emotions and energy stored in the womb and lower abdominal area. It may soothe fatigue, anxiety, intestinal disorders, digestive issues (especially due to travel), menstrual pains and more.

ENERGY-RELEASING MASSAGE

A message to locate nodules, tension, fear and energy that has been stored in the women's body which needs to be released and relieved.

HERBAL BATH

This traditional style bath uses a pitcher and basin by which the hot herbal infusion will be poured from the head down. As it runs down the body and fills the tub little by little, she'll absorb the essence of the medicinal plants. Intended to return heat that might have been lost during childbirth, or any life transition, the hot bath immersion and plants will warm up the body and uterus. While the tub fills, Berenice uses fresh branches and herbs to hit the skin; stimulating blood circulation and catharsis so that she can cleanse the woman of any harbored emotions.

SWEAT

The woman is covered from head to toe, even her face (nose exposed), like a cocoon, with blankets so that she can sweat for 15-20 minutes. This sweating process releases toxins, detoxifies the body and purifies the mind.

REBOZO WRAP

Rebozo is a cotton textile from Mexico and is the tool for this traditional integration wrap. The textile will be wrapped around seven points of the body (heads, shoulders, ribs, hips, thighs, calves, and feet) with some pressure. This squeeze, from head to foot, stimulates a natural birth experience that integrates the body and regulates the nervous system.



YONI CEREMONY AT PEACE

COLLECTIVE YONI STEAM | \$75

Led by Berenice Gonzalez Garcia, CM, LMT

The collective yoni steam ceremony is an opportunity to leave your mask at the door, show up authentically without judgment, and witness other women healing deeply together. The womb space is home for all creation, heart and soul wisdom, as well as natural and divine laws. When women circle, they experience a subtle, yet potent, energy to heal collective patterns and wounding.

Yoni Steam is an ancestral spiritual self-care practice that has been done by women worldwide to support deep wellness, reunite her with her body and sexuality, and activate her feminine wisdom. This awakening will also give rise to the divine masculine which, together, creates a harmonious balance.

Participants sit on a wooden yoni box while the warm steam of a synergistic combination of custom-chosen flowers and herbs gently permeates the vagina and opens the uterus; creating balance and harmony. This experience removes energetic cords, emotional and physical toxins, and promotes feelings of love, harmony and peace. This ceremony is led by our resident certified midwife, massage therapist, herbalist, and medicine woman, Berenice.

Yoni Steam Preparation & Contradictions

- No alcohol or drugs within 24 hours
- Eat light, hydrate, and do not enter with a full stomach.
- Journal beforehand. Set intentions.
- Come with an open mind and heart.
- Wear non-restrictive, loose clothing, such as a sarong or dress.
- Do not bring electronics
- If you are pregnant, you cannot steam, but you are welcome to sit in circle with your fellow sisters in ceremony.
- If you have an open wound, vaginal sore, active infection, you will do an herbal cold sit (no steam) instead. Let us know ahead of time so that we can prepare.