

# Yoni Egg User Instructions



**Polar Jade Enterprises Corp.**

## **Preparation**

Sanitize your yoni egg before your first use. You can wash it thoroughly with soap, then put the egg in cold water and boil it for about 10 minutes to sterilize it.

If your egg has a hole, please use non-waxed and non-flavored dental floss or cotton string to thread through the egg for easy of retrieval. If you are not sure how to thread the egg, please Google “how to string jade egg”.

## **Waking Up Your Body**

When you are ready to practice, find a space where you feel safe and

comfortable. Before insertion of the egg, massage your body and your breasts to wake up your body. You will know you are ready to insert the egg when you are fully aroused and your yoni is expanded and lubricated.

If there is no enough natural lubrication, you may want to use a water based lubricant.

### **Inserting the Egg**

When your body is ready, take your yoni egg, warm the egg with your hands, hold the smaller end of the egg with your hand and place the larger end of the egg

between your inner labia, and gently push the egg up as far as comfortable inside your yoni canal.

Always insert the larger end of the egg first, so the smaller end with string is towards the front of the yoni.

### **Working on the Egg**

Once the egg is in your yoni, try to squeeze your egg then release it. By practicing the contracting and releasing cycle, you can strengthen your love muscles and gain greater awareness and sensitivity. You can perform this practice at lying down, sitting, kneeling and

standing positions.

After your love muscles become stronger and more sensitive, you can try to squeeze the egg and lift it upwards, or push it downwards. Use your love muscles to play with the egg.

### **Retrieval of the Egg**

After the practice, gently pull the string to remove the egg. If the egg is not threaded, squeezing the muscles the way you would to have a bowel movement will expel the egg.

After use, remove and discard the string, clean the egg by washing with soap and

rinse thoroughly with warm water, dry, wrap it in a soft cloth, and then store it in the provided pouch.

### **Warning**

- Laughing, sneezing, or coughing may sometimes cause the egg to blast out of the yoni unexpectedly. Retrieve and catch the egg before you go to toilet or you may lose it in an auto flush toilet.
- Discontinue immediately if you feel any discomfort.
- Do not use the egg if you are pregnant, your vulva, vagina or bladder is infected, or you are menstruating.