

Which FEM Session is Right for Me?

SESSION TYPE	APPROPRIATE FOR:	REASON
CLEANSE THE BODY	<ul style="list-style-type: none"> * Detoxification * Amenorrhea (absence of period) * Just went through a failed cycle * Just had a miscarriage * Hormone imbalance (high FSH, etc.) * Poor egg quality * Polycystic Ovary Syndrome (PCOS) * Diminished Ovarian Reserve (DOR) 	<ul style="list-style-type: none"> * The goal of this session * Especially when caused by prolonged use of the pill or miscarriage * Old medications and synthetic hormones may linger in the body * Assists the body's natural clearing * May cleanse synthetic hormones; also, hormone balancing essential oils used * If due to toxicity * May assist in gently balancing the hormones * Improve egg quality by removing toxicity; assists in hormone balance
ENHANCE THE BLOOD	<ul style="list-style-type: none"> * You are stimulating * Thin uterine lining * Poor egg quality * Low libido * Poor circulation * Endometriosis * Diminished Ovarian Reserve (DOR) 	<ul style="list-style-type: none"> * Increased blood may assist stimulation * Proper circulation may build the lining * Brings nutrient-rich blood to ovaries * Heightens sensitivity and awareness * Stretches arteries and melts tissues * May assist in melting adhesions/scars * Increased blood flow may improve the quality of remaining eggs
OPEN THE BREATH	<ul style="list-style-type: none"> * You are stimulating * Shallow or rigid breathing * Abdominal stagnation * Constipation/IBS * Stress/Anxiety * Thin uterine lining * Poor egg quality * Diminished Ovarian Reserve (DOR) 	<ul style="list-style-type: none"> * Increased oxygenation may assist stim. * Melts and open musculature of the breath; breath awareness exercises * Mild detox.; increases organ mobility * Massages intestines; targets digestion * Deep breathing combats stress * Proper circulation may build the lining * Brings nutrient-rich blood to ovaries * Increased blood flow may improve the quality of remaining eggs
RELAX AND INTEGRATE	<ul style="list-style-type: none"> * You're about to have an insemination (IUI)/transfer (regular/frozen/donor); or menstruating * Stress * Emotional imbalance * Pain 	<ul style="list-style-type: none"> * This session will assist in relaxing and gently enhancing circulation but will not create inflammation, tenderness, or over-stimulate the uterus * Decreases adrenaline and cortisol * Increases endorphins and dopamine * Gentle session; endorphins fight pain

Unwind and Destress: This is not an official FEM session, but is appropriate if you are in your 'waiting period', or at **ANY POINT DURING YOUR CYCLE**. It is a 30 minute session focused on the head, neck, shoulders, hands, and feet. It relaxes, but does not stimulate circulation, and avoids fertility related acupuncture/reflexology points.