



Peristeam
Hydrotherapy





Take care of your Womb

WHAT IS HAPPENING WITH MY LUNAR CYCLE?!

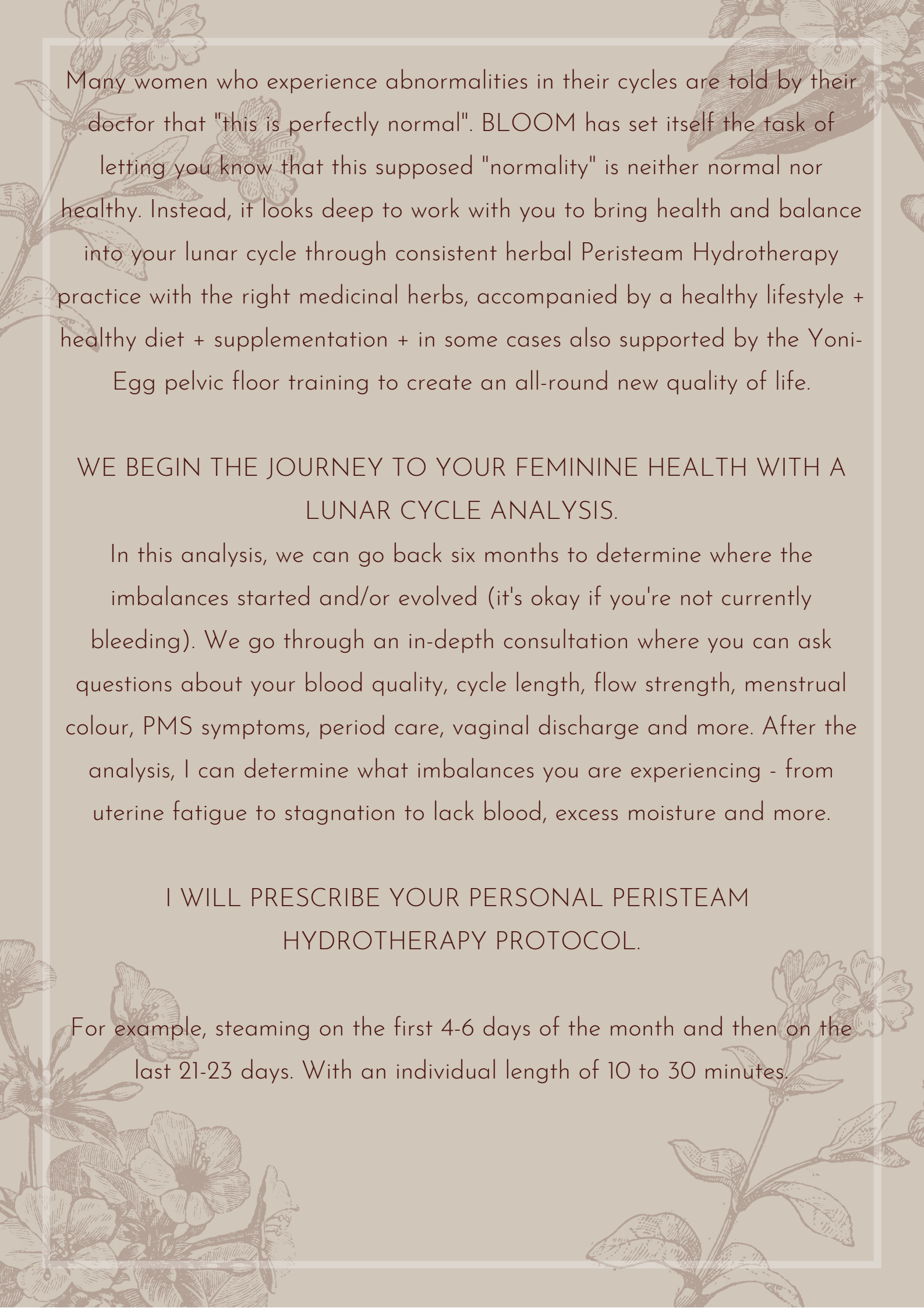
Are you struggling with a specific imbalance or chronic condition in your yoni & uterus (womb)? Do you suffer from one or the other imbalance?

Have you tried healing with standard products that didn't work?

Cramps, Brown blood, Missing/irregular cycles, Spotting,
Problems with contraceptives, PMS, Infertility, Endometriosis,
Perimenopause, Loss of Libido, Strange Smells, Infection,
Cysts/Fibroids, Discharge, Heavy bleeding, Two periods in one month.

If any of these imbalances apply to you - including imbalances not listed here - you are not alone.

Unfortunately, we live in a society that does not empower us with knowledge of our lunar (menstrual) cycle. A healthy cycle lasts 28-30 days with 4-5 days of fresh red blood, no extreme pain, cramps, PMS, no spotting, no clots, no brown blood, no bleeding twice a month, etc.



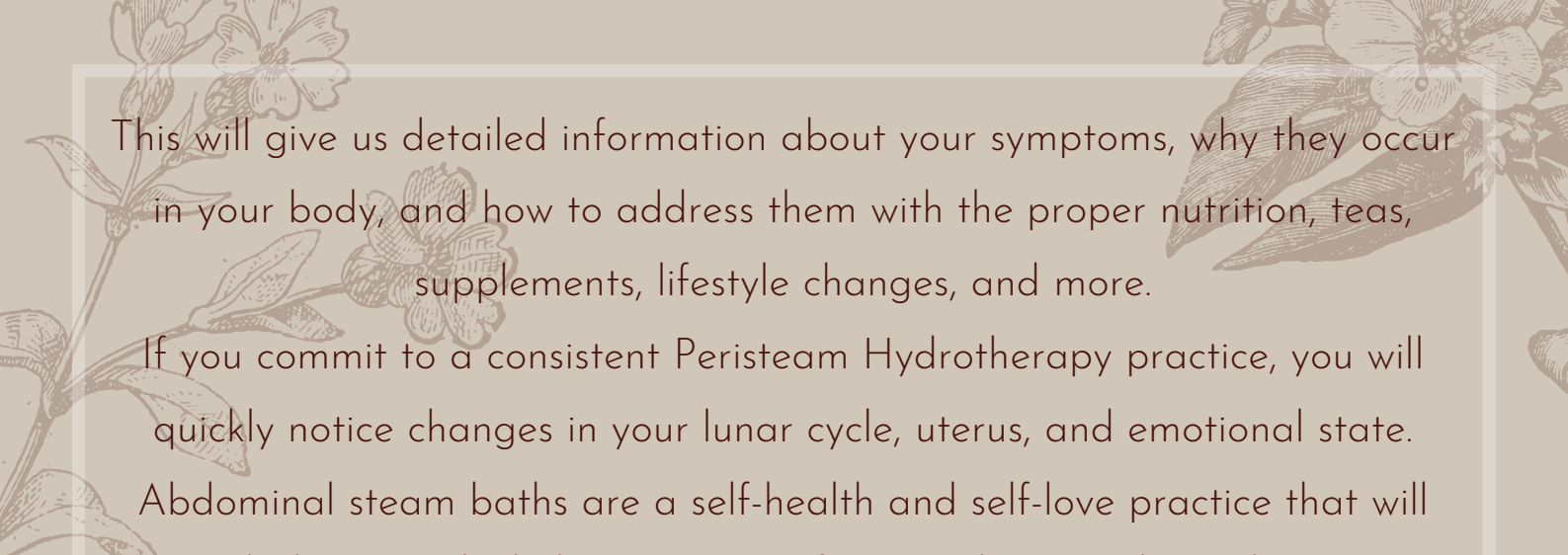
Many women who experience abnormalities in their cycles are told by their doctor that "this is perfectly normal". BLOOM has set itself the task of letting you know that this supposed "normality" is neither normal nor healthy. Instead, it looks deep to work with you to bring health and balance into your lunar cycle through consistent herbal Peristeam Hydrotherapy practice with the right medicinal herbs, accompanied by a healthy lifestyle + healthy diet + supplementation + in some cases also supported by the Yoni-Egg pelvic floor training to create an all-round new quality of life.

WE BEGIN THE JOURNEY TO YOUR FEMININE HEALTH WITH A LUNAR CYCLE ANALYSIS.

In this analysis, we can go back six months to determine where the imbalances started and/or evolved (it's okay if you're not currently bleeding). We go through an in-depth consultation where you can ask questions about your blood quality, cycle length, flow strength, menstrual colour, PMS symptoms, period care, vaginal discharge and more. After the analysis, I can determine what imbalances you are experiencing - from uterine fatigue to stagnation to lack blood, excess moisture and more.

I WILL PRESCRIBE YOUR PERSONAL PERISTEAM HYDROTHERAPY PROTOCOL.

For example, steaming on the first 4-6 days of the month and then on the last 21-23 days. With an individual length of 10 to 30 minutes.



This will give us detailed information about your symptoms, why they occur in your body, and how to address them with the proper nutrition, teas, supplements, lifestyle changes, and more.

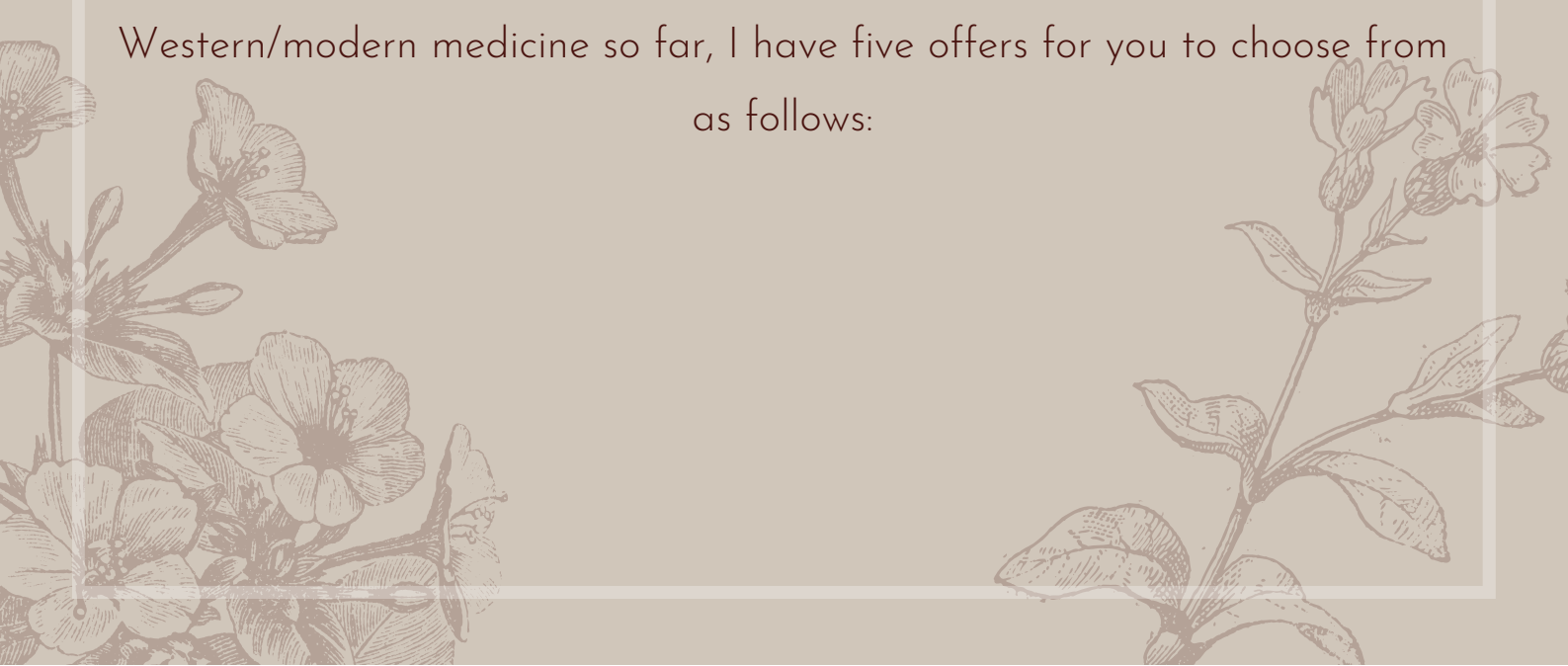
If you commit to a consistent Peristeam Hydrotherapy practice, you will quickly notice changes in your lunar cycle, uterus, and emotional state.

Abdominal steam baths are a self-health and self-love practice that will restore balance and wholeness to your feminine lunar cycles as long as you take the time to nurture yourself with the healing powers of herbs.

YES, busy bees, mamas, visionaries and over-committed "wonder women" rarely have the time to take care of their bodies once a week away from the quick shower, but remember, it's less than an hour; precious minutes that are quickly wasted on the cell phone.

ALL YOU HAVE TO DO IS SAY YES TO YOUR HEALTH, AND THE
REST WILL MAGICALLY UNFOLD.

Allow me to support you in your health goals and to attune you to your self-health and self-love ritual. So if you don't know what's going on with your body, or you have a problem that you haven't been able to solve with Western/modern medicine so far, I have five offers for you to choose from as follows:





Programs

SMALL YONI JOURNEY

Ideal to get to know and immerse yourself in the healing world of this ancient practice. The Small Yoni Journey paves the way for you to reconnect with your body.

Price: 120 Euro

WHAT YOU GET

- Thoroughly evaluated anamnesis questionnaire
- Personalized Peristeam Hydrotherapy protocol
- Recommendation/addresses for Peristeam chair or alternative options for steaming without a chair
- For a bulk order (36 Peristeam Rituals), a 10% discounted price for your personalized herbal blend so you can follow your prescribed protocol.



MOONTIME

In this one-to-one session, I will support you to connect more deeply with your body. Together we will look at your lunar cycle so that you can better learn to love the magic and intelligence of your female body.

Price: 260 Euro

WHAT YOU GET

- Thoroughly evaluated anamnesis questionnaire
- A 45-minute consultation via Phone or Zoom
- Comprehensive written Peristeam Hydrotherapy & Health Protocol
- Recommendation/addresses for Peristeam chair or alternative options for steaming without a chair
- Free: 3 personalized herbal mixes (excluding shipping fee).

The three personalized herbal mixtures are calculated precisely for three abdominal steam baths. These three herbal blends are insufficient to "fix a chronic imbalance". Therefore I offer you the following:

- For a bulk order (36 Peristeam Rituals), a discounted price of 20% for your personalized herbal blend so you can follow your prescribed protocol.



HOLISTIC WOMANHOOD



In this one-on-one session, we take the time to perceive you as a whole, examine your story in depth, and treat the existing imbalance with my knowledge and years of experience.

Price: 290 Euro

WHAT YOU GET

- Thoroughly evaluated anamnesis questionnaire
- A 60-minute consultation via Phone or Zoom
- Comprehensive written Peristeam Hydrotherapy & Health Protocol, including lifestyle/health evaluation
- Personalized product recommendations + Peristeam chair recommendation/addresses or alternative options for chairless steaming
- Free: 3 personalized herbal blends (excluding shipping fee).

The three personalized herbal mixtures are precisely calculated for three abdominal steam baths. These three herbal blends are insufficient to "fix a chronic imbalance." Therefore I offer you the following:

- For a bulk order (36 Peristeam Rituals), a 30% discounted price for your personalized herbal blend so you can follow your prescribed protocol.
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FEMININE FLOW

In this one-to-one session, I combine my holistic knowledge from various women's health practices to find and treat the cause of your symptoms.

Together with you, I create your very individual treatment concept in connection with a practical, feel-good ritual at home.

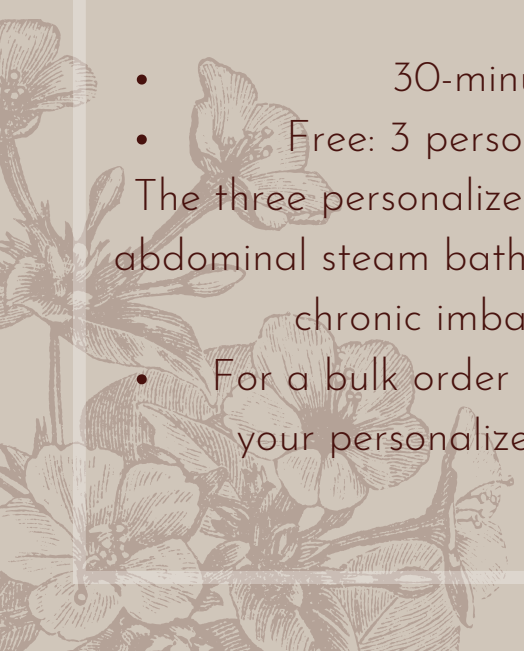
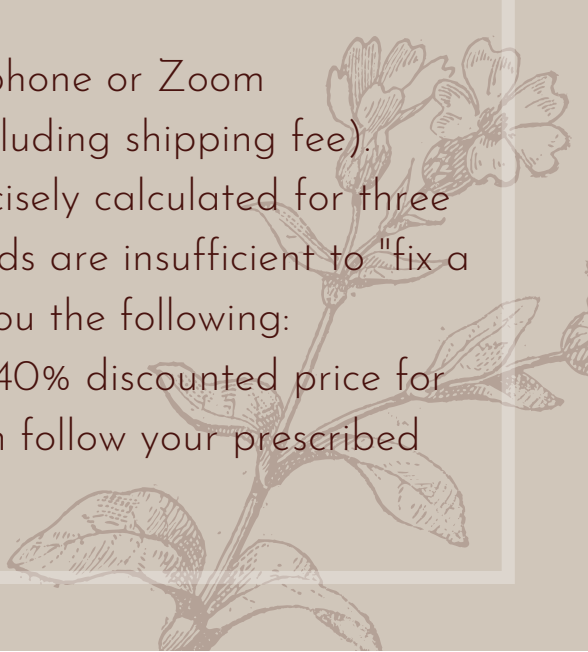
Price: 340 Euro

WHAT YOU GET

- Thoroughly evaluated anamnesis questionnaire
- 45-minute preliminary consultation via phone or Zoom
- + WhatsApp support from the preliminary to the final consult
- Comprehensive written Peristeam Hydrotherapy & Health Protocol, including lifestyle/health advice
- Personalized product recommendations + Peristeam chair recommendation/addresses or alternative options for chairless steaming
- Development of your personal treatment plan with a practical, feel-good ritual

- 30-minute final consultation via phone or Zoom
- Free: 3 personalized herbal blends (excluding shipping fee).

The three personalized herbal mixtures are precisely calculated for three abdominal steam baths. These three herbal blends are insufficient to "fix a chronic imbalance." Therefore I offer you the following:

- For a bulk order (36 Peristeam Rituals), a 40% discounted price for your personalized herbal blend so you can follow your prescribed protocol.
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ROSE QUARTZ MAGIC

In this one-on-one session, I support you through my holistic approach to getting in touch with your body and its needs. With the help of the healing plants and the Yoni-Egg pelvic floor training, I will help you to activate your self-healing powers and to regain a natural balance.

Price: 390 Euro

WHAT YOU GET

- Thoroughly evaluated anamnesis questionnaire
 - 45-minute preliminary consultation via phone or Zoom
 - + WhatsApp support from the preliminary to the final consultation
 - Comprehensive written Peristeam Hydrotherapy & Health Protocol, including lifestyle/health advice
 - Personalized product recommendations + recommendation/addresses for Peristeam chair or alternative options for chairless steaming
 - Development of your personal treatment plan with a practical, feel-good ritual
 - 45-minute final consultation via phone or Zoom
 - One **Shakti rose quartz Yoni Crystal Egg (value 125 Euros), including a comprehensive workbook +
 - Free: 3 personalized herbal blends (excluding shipping fee).
- The three personalized herbal mixtures are precisely calculated for three abdominal steam baths. These three herbal blends are insufficient to "fix a chronic imbalance." Therefore I offer you the following:
- For a bulk order (36 Peristeam Rituals), a 50% discount on your personalized herbal blend so you can follow your prescribed protocol.



RECOMMENDATION

A three to six-month consultation should be spent to deal with any outstanding problems. That's why I'm offering you in connection to your selected 1 on 1 guidance:

3 months: 180 Euros

- 1 feedback call about the previous treatment (20 min.)
- + 1 final call (20 min.)
- + WhatsApp support from the preliminary to the final consult

6 months: 360 Euros

- 1 feedback call about the previous treatment (20 min.)
- + 1 interim meeting after 3 months (20 min.)
- + 1 final call (20 min.)
- + WhatsApp support from the preliminary to the final consult

If required, I will create an adapted written moon cycle analysis & health protocol for 98 Euros.



BLOOM PERISTEAM HERBS

are for all women who want physical well-being and harmony with their bodies through natural herbal medicine.

Your personalised herbal blend is directly related to the imbalances in your body. It is essential to understand that not all herbs serve the same purpose. If you steam with herbs unsuitable for your needs, you can quickly trigger the opposite effect of what you originally intended to heal.

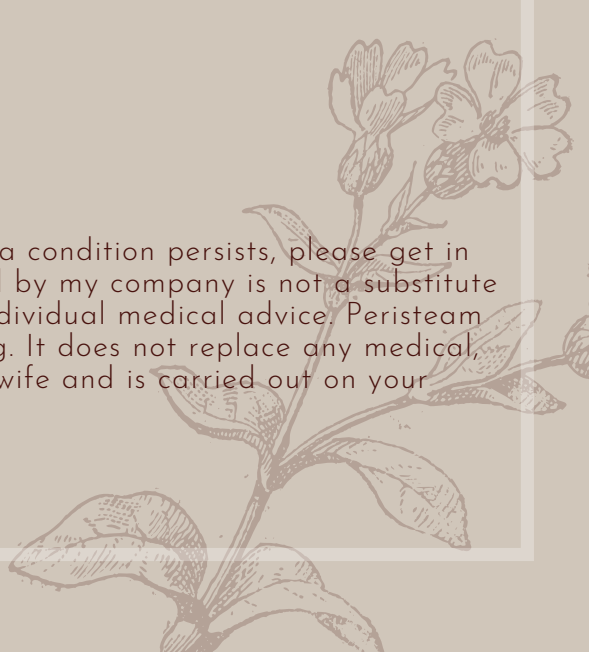
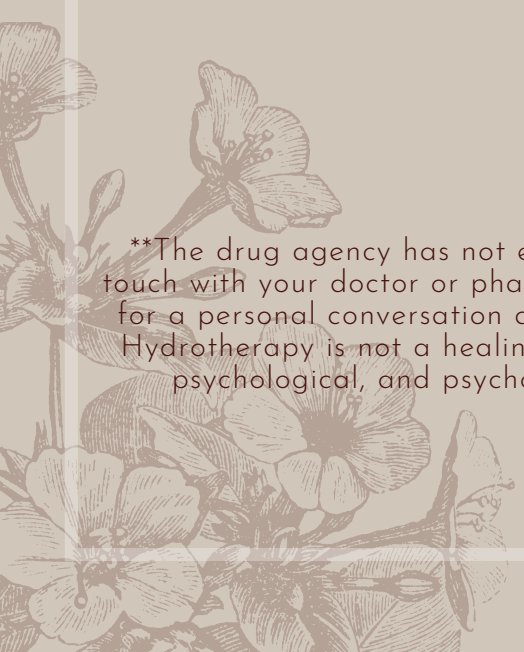
That is why it is crucial to me to put together organic and wild-harvested herbs for your abdominal steam baths, which I put together for you in exquisite formulas and with the vision for your highest well-being.

You can find the regular price list in my Bloom-apothecary/shop. Please let me know (either in our first personal conversation or by email to connect@blooming-womb.com) how many herbs you would like to order for your booked 1:1 consultation.

I wish you a lot of enjoyment and joy on your personal healing path to regain your feminine health and well-being with the healing power of plant medicine to break the dependency on pharmaceutical drugs and interventions!

Yours
Hannah

Founder of BLOOM



**The drug agency has not evaluated the products I make. If a condition persists, please get in touch with your doctor or pharmacist. The information provided by my company is not a substitute for a personal conversation and should not be construed as individual medical advice. Peristeam Hydrotherapy is not a healing treatment or promise of healing. It does not replace any medical, psychological, and psychotherapeutic examination, no midwife and is carried out on your responsibility.