

**citrus peel**

**lavender**

**melissa**

**mint**

**DIGESTIVE**

helps the microbiome of the gut . . . and in turn, vaginal health

**calendula**

**milk thistle**

**motherwort**

**rose**

**mugwort**

**CLEANSING**

long cycles -blood clots in menstrual blood - not able to release

**yoni**

**steaming**

**herbs**

**mugwort**

**lavender**

**rosemary**

**sage**

**DISINFECTING**

helps your body ability to generate new blood cells

excessive or unusual cervical fluid - bv - helps balance microbiome of vagina

**BLOOD BUILDING**

**motherwort**

**nettles**

**oatstraw**

**yarrow**

**raspberry leaf**

**mugwort**

**HYDRATING**

**hibiscus**

**melissa**

**nettles**

**oatstraw**

**red klover**

a kidney tonic - supports adrenals and stress response

**raspberry leaf**

**mugwort**

mugwort artemisis vulgaris helps open the pores

healing calendula stimulates perspiration