

## BOUGIE KITTY V-STEAM MENU

STEAMS STARTING AT \$39.99 + UP TO 4 HERBAL BLENDS (\$60 MAX)

**OREGANO** \$5  
Reduces menstrual cramps. Helps to ease symptoms of UTI's Antispasmodic & Antimicrobial

**RED RASBERRY** \$5  
Tones uterine muscles.

**SAGE** \$5  
Good for depression, loss of memory & energy  
Cleansing. Sage is great for aiding reduction of cramps. It's also antispasmodic, antibacterial and antimicrobial. Sage is very relaxing & best to release unwanted energy in the womb

**MARSHMELLOW** \$5  
Anti-inflammatory & antiseptic. Helps aid in infections, swelling & can help w/pain in general. Very good herb to aid in UTI's or other vaginal infections

**BASIL** \$5  
An antispasmodic Really good for menstrual cramps toning and strengthening

**MOTHERWORT** \$5  
Astringent, tonifying & Cleansing, strengthening & relaxes uterine muscles. Eases uterine cramping and help to reduce fibroids

**YARROW** \$5  
Astringent, toning & cleansing. Great for regulating menstrual flow, ovarian cyst & supporting overall uterine health

**ROSEMARY** \$5  
Antimicrobial herb that treats bacterial infections speeds wound healing & stimulates menstruation. Aids in reduction of ovarian cyst.

**LADYS MANTLE** \$5  
Women's healing herb. Naturally contains salicylic acid and has sedative properties that alleviate cramps and painful menstruation.

**CHASTE TREE BERRY** \$5  
Used for irregular menstrual cycles PMS and PMDD (dysphonic disorder) also used for female infertility and preventing miscarriage in women with low progesterone

**CRAMP BARK** \$5  
Relieves menstrual cramps and muscle spasms. Kidney stimulant for urinary conditions that involve pain or spasms

**WITCH HAZEL** \$5  
Anti-inflammatory, antiseptic & antifungal. Helps improve blood circulation & aids in treatment of infections

**LAVENDER** \$5  
Most relaxing herb. Supports healing with antimicrobial benefits. Promote menstrual flow. Yep

**ROSE PETALS** \$5  
Relaxing and uplifting astringent herb. Softens skin. Vagina facial herb

**MUGWORT** \$5  
Fights infection through its Antimicrobial & antifungal properties, balances female hormones that maintain uterine health aids with uterine abnormalities such as ulcers and tumors. Helps to stimulate menstrual discharge & eases cramps

**HIMALAYAN SALT** \$5  
Helps regulate blood flow. Great for balancing PH.

**CALENDULA** \$5  
Soothes and aids in healing of scar tissue, vaginal tears and hemorrhoids.

**CHAMOMILE** \$5  
Anti-inflammatory & antispasmodic. Helps to ease anxiety, Insomnia & depression. Aids in reduction of menstrual cramps