

Crystal Wand Instructions

The Crystal Wand is made of hard, clear Lucite. It is shaped in a curve like a letter “S”. The instructions included with the Crystal Wand are for G-spot stimulation or prostate stimulation. Apply the following instructions to use the Crystal Wand to relieve pelvic floor muscle spasms and pain.

Instructions:

1. Lie supine or semi-reclined
2. Apply water-based lubricant to the round end of the Crystal Wand
3. Insert the round end of the Crystal Wand into the vagina (female) or rectum (male)
4. Using a lever type action gently apply pressure to the pelvic floor muscles and when tenderness is experienced, maintain the gentle pressure with the Crystal Wand until you feel a softening or lessening of the tenderness. This could take several minutes for the tissue to relax. Move to the next area of tenderness.

Tips:

5. Imagine the pelvic floor muscles are a basin and the Crystal Wand is being inserted in the center of the basin and you want to release all the areas of the basin bowl.
6. OR imagine you are inserting the Crystal Wand into the middle of a clock where the pubic symphysis is 12 o'clock and the coccyx is 6 o'clock. Then gently apply pressure throughout the clock. Remember to be more gentle at 12 o'clock over the urethra and prostate.

To clean your Crystal Wand:

Use hydrogen peroxide or soap and warm/hot water. For a 100% natural antibacterial cleansing solution you may use 10 drops of grapefruit seed extract per one cup of water. Do not use alcohol-based products as it will damage the Lucite.

The Crystal Wand can be purchased at www.drugstore.com and www.lovenectar.com



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