

HOLISTIC WOMB  
*míni* SELF-CARE GUIDE



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ILLUMINATING *and* LIBERATING *the* FEMININE

# HOLISTIC WOMB

## *mini* SELF-CARE GUIDE

Hello You!

I am so excited you have decided to take your holistic womb assessment to find out more about yourself. Our womb is our power center; it has the capacity to create life! This magic allows us to channel our energy into every creative endeavor. By reconnecting with our wombs, we reclaim our wild feminine energy and shine our light into the world.



# THE POWER OF WOMB CARE

Your womb is a sacred portal of creation, intuition, and vitality. Caring for your womb is an act of self-love that supports hormonal balance, emotional well-being, and creative flow. By nurturing your womb with mindful practices, you cultivate deeper self-awareness, resilience, and overall health.



# THE IMPORTANCE OF SACRED SEXUALITY IN WOMB HEALING

Sacred sexuality practices, rooted in ancient wisdom, harness your life-force energy to restore harmony, deepen self-connection, and enhance pleasure as a healing tool. Engaging in these practices can support emotional release, balance your cycle, and awaken the full potential of your feminine energy.



# HOT WOMB

A "hot womb" occurs when excessive heat and stress create imbalances in the body, leading to symptoms such as irritability, heavy menstrual flow, dryness, and exhaustion. This condition is often linked to a fast-paced lifestyle, overworking, emotional suppression, inflammatory foods, and hormonal fluctuations. Left unaddressed, a hot womb can contribute to deeper reproductive health issues, increased tension, and burnout.

Understanding this imbalance allows you to adopt nourishing self-care rituals that cool, calm, and restore balance to your womb space, supporting overall well-being.



# HOT WOMB

## Self-Care Practices

Simple yet powerful practices can help cool and restore balance

*Rest & Relaxation* – Prioritize deep rest to calm excess heat.

*Movement & Expression* – Release stored tension through dance, exercise, or creative expression.

*Nourishment* – Reduce inflammatory foods and hydrate with cooling herbal infusions.

*Castor Oil Therapy* – Gentle abdominal applications support detox and circulation.

*Sacred Sexuality Rituals* – Womb massage, yoni steaming, and energetic practices awaken healing energy.



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Your Journey Begins Here

This freebie is just the beginning! Each womb type has its unique needs, and by honoring them, you empower yourself and your creative endeavors. Please share your experiences; I would love to hear about your journey!

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LOVE & GRATITUDE

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