

Caring For Yourself During Quarantine - Womb Sauna



Baltimore, Apr 14, 2020 ([Issuewire.com](https://www.issuewire.com)) - Founded in 2011, by Thema Azize Serwa, Womb Sauna focuses on empowering women and being a vehicle to support women in creating the change that they need not just in their bodies, but in their lives.

Thema Azize Serwa is a leading expert in the vaginal steaming industry, Discovering her passion for helping others at a young age, Thema has always strived to help others reach their highest potential. For years she dedicated her life, energy, and focus to assisting others accomplish their dreams. However

that all changed when she experienced her own health crisis. After being diagnosed with Polycystic Ovarian Syndrome, she spent her time learning how to harmonize and heal her body, mind, spirit. It was during that journey that she realized her life's calling to helping other women heal their minds and bodies. Thus the Womb Sauna was born.

Since then Thema has developed a unique method of steaming that provides its users with over 25 biopsychosocial health benefits and become a representative for women empowerment and feminine health. The organization has continued to grow, now offering their own Womb Sauna Practitioner Certification program and online Womb Sauna University program. Both Thema and her Womb Sauna have become widely renowned, with features on several national platforms. Thema's #HealEverything movement, has trained and certified Womb Sauna Practitioners in 9 different countries.



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