



Pelvic Steam Therapy

Bring your menstrual cycle into harmony for ultimate fertility and reproductive health.

www.gettingnaked.com.au

CLIENT AGREEMENT

By committing to this agreement, you are agreeing to the terms and conditions of Tamra Mercieca's *Pelvic Steam Therapy* program. This agreement outlines how the program works, what you can expect from your participation, and the responsibilities of both you and Tamra throughout your *Pelvic Steam Therapy* journey. It also sets out the legal terms that govern our relationship and your participation in the program.

1. Women's Mental and Pelvic Health Therapist, Tamra Mercieca:

Your trainer and therapist, Tamra Mercieca, is the founder of the *Getting Naked* online school. Tamra has devoted many years to studying women's pelvic health, menstrual wellbeing, fertility awareness, movement therapy and holistic healing. Her work brings together evidence-informed education with Traditional Chinese Medicine principles, mind-body therapies and trauma-informed practice to support women in restoring the health of their pelvis, menstrual cycle and overall wellbeing.

Tamra's formal women's health training includes certification as a Vaginal Steaming Practitioner, Meridian Massage Certification, Holistic Pelvic Care, The Hypopressives Method (Level 3), Pelvic Floor and Core Foundations, The Billings Ovulation Method Teacher Training, Awakened Woman - Conscious Pregnancy and Birth Yoga Teacher Training, Yin Yoga Teacher Training (200 hours), and Restorative Yoga Teacher Training (50 hours).

Alongside these qualifications, Tamra has undertaken extensive independent study and worked with many mentors in women's pelvic health, menstrual cycle analysis, Traditional Chinese Medicine, herbal medicine, fertility awareness, perimenopause, menopause, anatomy, physiology, and the emotional and energetic dimensions of women's health. This ongoing education forms an integral part of the holistic approach she teaches throughout *Pelvic Steam Therapy*.

Supporting this women's health foundation, Tamra also holds a Certificate IV in Life and Business Coaching and a Certificate IV in Training and Assessment, and is trained and certified in Neuro-Linguistic Programming (NLP), Time-Line Therapy® and Therapeutic Hypnosis (having been accredited with the relevant boards of America). She is also an

accredited Universal Intelligence (UI) Mentor, has completed Lifeline's ASIST (Applied Suicide Intervention Skills Training) and holds a Wellness Leader Certificate.

It is through this unique integration of women's health education, therapeutic training, practical clinical experience, deep inquiry and ongoing personal study that Tamra developed ***Pelvic Steam Therapy*** and ***Self-Love Therapy*** – holistic approaches that recognise healing as a process involving the body, mind, emotions and nervous system, rather than simply the treatment of symptoms.

Tamra is a legal Complementary Healthcare Provider and is not a licensed Medical Doctor, Psychologist, Psychiatrist, Master's in Family and Child Counselling (MFCC), or Master's in Social Work (MSW). The services you receive are not licensed by, nor regulated through, a governmental body. If you are currently taking medication or receiving medical care, you must inform your therapist. Nothing contained within this course, or any guidance provided by Tamra, should be interpreted as a substitute for advice, diagnosis or treatment from a suitably qualified healthcare professional.

2. Pelvic Steam Therapy explained:

Pelvic Steam Therapy is Tamra Mercieca's holistic approach to women's pelvic health, developed through the integration of traditional vaginal steaming practices, Traditional Chinese Medicine, modern pelvic health education, menstrual cycle awareness, therapeutic movement, nervous system regulation, subconscious healing and mind-body medicine.

At the heart of *Pelvic Steam Therapy* is the understanding that the menstrual cycle is one of the clearest reflections of a woman's overall health. Rather than viewing menstrual symptoms as something to simply manage or suppress, *Pelvic Steam Therapy* teaches women how to interpret the messages their cycle is offering. Pain, heavy bleeding, irregular periods, clotting, PMS, infections, pelvic pain, fertility challenges and hormonal changes are understood as valuable feedback, revealing where the body has fallen out of balance and where it requires support.

For this reason, every woman enrolled in *Pelvic Steam Therapy* receives a personalised steam plan based on her unique health history, menstrual patterns, symptoms and constitution. This includes an individualised steaming protocol, herbal recommendations, nutritional guidance, lifestyle practices, meridian therapy, movement recommendations and therapeutic exercises designed to address the underlying patterns contributing to her current imbalance.

Beyond supporting immediate healing, *Pelvic Steam Therapy* is also an educational framework. Women learn how to understand their menstrual cycle as an ongoing health assessment tool, allowing them to recognise subtle changes in their body long before they develop into more significant concerns. Rather than becoming dependent upon a practitioner, women are taught how to work in partnership with their body, adapting supportive practices throughout the different seasons of life—from menstruation and fertility, through pregnancy and postpartum, into perimenopause, menopause and beyond.

Underlying the entire program is the understanding that the pelvis is far more than an anatomical structure. It is a place where physical, emotional and energetic experiences often converge. Through the combined use of steam, warmth, herbs, therapeutic education, meditation, subconscious healing and self-inquiry, *Pelvic Steam Therapy* creates the conditions for women to restore healthy circulation, regulate their nervous system, reconnect with their body and cultivate long-term pelvic wellbeing.

Ultimately, *Pelvic Steam Therapy* is about more than simply learning how to steam. It is about learning how to listen. It is an invitation to understand your body, trust its wisdom, and develop the knowledge and tools to support your health for the rest of your life.

3. What to Expect:

Many women report positive experiences while incorporating *Pelvic Steam Therapy* into their self-care routine, including improved sleep, reduced bloating, increased circulation and energy, greater emotional balance, healthier menstrual cycles, increased vaginal moisture, improved libido, glowing skin, and a deeper connection with their body and natural rhythms. Every woman's experience is unique, and individual results will vary.

Pelvic steaming is also a cleansing practice. As your body begins to release stagnation and/or dampness/heat and restore balance, you may temporarily notice increased discharge, brown discharge, clots, cramping, changes to your menstrual cycle, emotional release, or changes in the timing of your period. These responses are often a normal part of the healing process and usually settle as your body rebalances.

Because *Pelvic Steam Therapy* is highly individualised, it is essential that you keep Tamra Mercieca informed of any physical, emotional, or menstrual changes you experience throughout your program. This allows your therapist to adjust your steam schedule, herbs, or dosage where necessary to ensure your Steam Plan continues to support your body safely and effectively.

CAUTION SIGNS: If you experience a rash, bumps, itchiness, headaches, diarrhoea, fresh spotting, bleeding between periods, or any unexpected or concerning symptoms after steaming, please stop steaming and contact Tamra before your next steam session. These signs may indicate that your herbs or steaming protocol need adjusting, or that you may have developed a sensitivity to one or more herbs.

Your Steam Plan has been created specifically for your body based on the information you provide. Honest, thorough answers on your intake questionnaire, together with ongoing communication throughout the program, allow Tamra to tailor your plan as your body heals and help minimise the likelihood of unwanted reactions.

4. Client Responsibilities:

Pelvic Steam Therapy is a complementary health and educational program designed to support your body's natural healing processes. The information, guidance and

recommendations provided throughout the program are intended to complement—not replace—the advice, diagnosis or treatment of your medical practitioner or other licensed healthcare provider.

By participating in this program, you acknowledge that you are responsible for your own health decisions and agree to:

- ♥ Follow your personalised Steam Plan as directed.
- ♥ Inform Tamra promptly of any physical, emotional or menstrual changes so your protocol can be adjusted where necessary.
- ♥ Seek appropriate medical care if you experience symptoms requiring medical assessment or treatment.
- ♥ Continue any prescribed medications or medical treatment unless advised otherwise by your treating healthcare practitioner.

While every effort is made to provide safe, individualised guidance, no guarantee can be made regarding specific outcomes, as every woman's body responds differently. You acknowledge that it is your responsibility to observe how your body responds to *Pelvic Steam Therapy* and to communicate your progress throughout the program.

To the fullest extent permitted by law, Tamra Mercieca's liability in connection with this program is limited to the amount paid for the *Pelvic Steam Therapy* program.

5. Waiver & Acknowledgement:

I understand that *Pelvic Steam Therapy* is a complementary wellness practice designed to support my body's natural processes and is not intended to diagnose, treat, cure or replace medical advice, diagnosis or treatment from a qualified healthcare professional.

I acknowledge that every woman's body is unique and that individual experiences, responses and outcomes may vary. While *Pelvic Steam Therapy* may provide many supportive benefits, no specific results or outcomes are guaranteed.

I understand that pelvic steaming is not suitable in all circumstances and that there are certain contraindications where steaming should be avoided or modified. These may include, but are not limited to pregnancy, active infection requiring medical treatment, unexplained vaginal bleeding, certain medical conditions, recent procedures, or situations where my practitioner advises that steaming is not appropriate.

I agree to provide accurate and complete information about my physical health, menstrual cycle, reproductive history, medications, medical conditions and any changes in my health throughout the program. I understand that this information is essential for Tamra Mercieca to create a personalised Steam Plan that is appropriate for my individual needs.

I agree to follow the personalised steaming instructions provided, including recommendations regarding steaming frequency, duration, herbs, timing within my

menstrual cycle and any periods where steaming should be paused or avoided. I understand that I should not modify my Steam Plan without first communicating with Tamra.

I understand the importance of monitoring my body's response and agree to promptly notify Tamra of any unexpected symptoms, concerns, or changes so that my protocol can be reviewed and adjusted where necessary.

By participating in *Pelvic Steam Therapy*, I acknowledge that I am choosing to engage in this practice voluntarily and accept responsibility for my own health decisions. I release Tamra Mercieca and *Getting Naked* from liability for any outcomes arising from my participation, except where such liability cannot be excluded under applicable law.

6. Privacy and Confidentiality

At *Getting Naked*, we understand that the information shared throughout your *Pelvic Steam Therapy* journey is deeply personal. All information provided through your questionnaire, consultations, therapy session/s and communications with Tamra Mercieca is treated with the highest level of confidentiality and is kept private in accordance with our [Privacy Policy](#).

Your personal health information, menstrual history, emotional experiences, and any other details shared as part of your personalised Steam Plan are used solely for the purpose of creating and supporting your individualised *Pelvic Steam Therapy* experience. This information will not be disclosed to any third party without your written consent, except where required by law.

Any testimonials, reviews, or feedback shared publicly will only be used with your explicit permission and agreement.

Please note that any private therapy sessions with Tamra Mercieca may not be recorded unless written permission has been provided prior to the session. Recording a session without consent is not permitted.

Pelvic Steam Therapy is subject to *Getting Naked's* [Privacy Policy](#).

7. Intellectual Property

All content provided as part of the *Pelvic Steam Therapy* program—including your personalised Steam Plan, written resources, videos, audio recordings, guided meditations, protocols, worksheets, graphics, and all other course materials—is the intellectual property of Tamra Mercieca and is protected by Australian and international copyright, trademark and other intellectual property laws.

Your enrolment provides you with a personal, non-transferable licence to access and use these materials for your own individual learning and healing. They are not to be copied, reproduced, shared, distributed, uploaded, published, sold, licensed, translated, adapted, or used to create derivative works without the prior written permission of Tamra Mercieca.

This includes sharing your personalised Steam Plan, course materials, videos, audio recordings, or login details with any other person, or uploading any part of the program to websites, social media platforms, cloud storage services, file-sharing platforms, artificial intelligence (AI) tools, or other digital services.

Please respect the years of study, research and development that have gone into creating *Pelvic Steam Therapy*. Unauthorised copying, sharing or distribution of any program materials may result in the termination of your access to the program and legal action where appropriate.

8. Payment Policy

By enrolling in *Pelvic Steam Therapy*, you agree to pay the full program fee according to the payment option selected at the time of purchase. You are responsible for providing accurate payment information and ensuring that sufficient funds are available for scheduled payments.

If you have selected a payment plan, you acknowledge that this is a payment arrangement offered as a convenience to make the program more accessible. It is not a pay-per-session or Steam Plan arrangement. Your payment commitment is for the complete *Pelvic Steam Therapy* program and includes access to the full course materials, personalised Steam Plan, resources and support provided throughout your enrolment period.

If a scheduled payment is missed, *Getting Naked* reserves the right to charge an administration fee of \$50 per missed payment and/or pause access to program materials and support until the account has been brought up to date.

Should you choose to discontinue your participation in the program after enrolling, the full program fee remains payable. This is because your enrolment reserves access to the complete program structure, resources, personalised preparation and support provided, regardless of your level of participation.

By purchasing *Pelvic Steam Therapy*, you acknowledge that your healing journey is a collaborative process and that you are responsible for your own participation, commitment and application of the practices taught. While every effort is made to provide safe, personalised guidance and support, no specific outcomes, results or transformations are guaranteed.

Due to the nature of this program, including the personalised preparation and digital course materials provided, program fees are non-refundable once enrolment has commenced.

9. Limitation Of Liability

To the fullest extent permitted by law, *Getting Naked*, Tamra Mercieca, and any associated employees, contractors, affiliates or representatives will not be liable for any loss, injury, damage, expense or claim arising from your participation in *Pelvic Steam Therapy*, your use

of the program materials, or your application of the information and recommendations provided, except where such liability cannot be excluded under applicable law.

You acknowledge that *Pelvic Steam Therapy* is a complementary health and educational program and that individual responses, experiences and outcomes will vary. You are responsible for making informed decisions regarding your own health, seeking appropriate medical advice where required, and following the personalised guidance provided. If you choose not to continue with the program, your sole remedy is to discontinue participation and use of the program materials. This limitation does not affect any rights or remedies available to you under applicable consumer protection laws.

10. Termination

Tamra Mercieca is committed to providing a safe, supportive and positive experience for all participants in the *Pelvic Steam Therapy* program.

Tamra Mercieca reserves the right to limit, suspend or terminate a participant's access to the program if they breach any of the terms outlined in this agreement, including but not limited to non-payment of program fees, misuse or distribution of intellectual property, sharing of login details or course materials, failure to follow important safety guidance, or behaviour that is inappropriate, harmful or disruptive.

Where appropriate, Tamra Mercieca will endeavour to communicate with the participant and provide an opportunity to resolve the issue before termination occurs. However, in circumstances where immediate action is required to protect the integrity, safety or wellbeing of the program, access may be suspended or terminated without prior notice.

If access to the program is terminated due to a breach of these terms, any outstanding payment obligations remain payable and no refund will be provided.

The obligations contained within this agreement, including those relating to payment, intellectual property, confidentiality and liability, will continue to apply after termination of participation in the program.

Tamra looks forward to supporting you in returning to balance, so you can experience a healthy, happy pelvis.