

Discounts/Recommended Products

Lubricants:

- [Uberlube](#) (silicone based) - 10% off code RESTORE - video demo [here](#)
- [Slippery Stuff](#) (water based) or [here](#)
- [Good Clean Love](#) (water based with aloe)

Moisturizer:

- [VMagic Vulvar Balm](#) - video demo [here](#)
- [Revaree](#) - Vaginal Moisturizer with Hyaluronic Acid

Self-care:

- [Squatty Potty](#) or [Amazon](#)
- [Muscle Tension Release Ball](#)
- [Foam Roller](#)
- [Cupping Set](#) 10% off PELVIS10 or [Amazon](#)
- [Red light wrap, face mask, pelvic wand](#) 10% off code pelvisrestored
- [Pelvic wand](#) \$5 off code KRISTA7
- [Vaginal dilators](#) \$5 off code RESTORED (a must if you are having pain with intercourse)
- [OhNut](#) (customize penetration depth) - \$7 off code KRISTA7

Pregnancy:

- [Baby Belly Band](#) (+ groin bands for pelvic pressure/heaviness): 10% off code PelvisRestored- video demo [here](#)
 - can double with [SI belt](#) for extra support - video demo [here](#)
- [Supportive bra](#) can wear 24/7! 10% off code RESTORED10 or [amazon](#)
- [Pelvic Floor Support Garment](#) 10% off code PR10
- [Compression leggings, shorts, and socks](#) 10% off code XRJSRQFD
- [Pregnancy Pillow](#) - video demo [here](#)
- [Prenatal Vitamin](#)

Postpartum:

- [Postpartum belly wraps](#) - video demo [here](#)
- [Pelvic Floor Support Underwear](#) \$15 off code PELVISRESTORED - video demo [here](#)
- [Support Leggings and Shorts](#)
- [Fringe](#) vaginal red light 10% off code pelvisrestored

Vaginal bulge and prolapse:

- [PelvicBra](#) 10% off code PBJENNEY10
- [Revive Bladder Support](#) 10% off code KristaJ10 - video demo [here](#)

C-section support:

- [Pelvic Floor Support Garment](#) 10% off code PR10
- [Silicone Scar Healing Sheets](#) or [here](#) or [Amazon](#)
- [Mother Tucker Compression Leggings](#)

Lactation:

- [Supportive Bra](#) for preventing “clogged ducts”, engorgement, and mastitis 10% off code RESTORED10. Or [amazon](#)
- [Nursing Pillow](#)

- [Silverette](#) Nipple Protection

Prenatal/Postpartum Exercise Programs:

- [Knocked-Up Fitness \(Prenatal\)](#)
- [Erica Ziel Core Rehab \(Postpartum\)](#)
- [The Bloom Method](#) - code RESTORED10 for 10% off
- [Every Mother](#) - 20% off
- [Get Mom Strong](#) - code PELVIS for 21 day free trial
- [Evlo Fitness](#)

Baby Carriers:

- [Tula](#)
- [Ergo Baby](#)

- [Momcozy Breast Pumps](#)
- [Elvie Breast Pump and Pelvic Floor Trainer](#): 15% off code Krista Jenney

Other:

- [Menstrual Disc or Cup](#) + period underwear - 15% off code restored