



# How to Yoni Steam

## What's a Yoni Steam?

A Yoni Steam, also known as vaginal steam or V-steam, involves allowing gentle herbal steam to permeate the sacred space below, yes, down there. It's like treating your yoni to a spa day, promoting circulation, relaxation, and a sense of overall well-being.

## Yoni Fresh Vaginal Steaming Directions

- In a medium-covered pot, pour 8 cups of water (preferably distilled water).
- Place one handful of fresh herb(s) or 1/4 cup dried into the water. Do not add or use “essential oils” as they are too strong and may burn sensitive genital tissue.
- Bring water to a soft boil for 5 minutes.
- Turn off the heat, leave the lid on, and steep for another 5 minutes with the lid on.
- It is very important to test the temperature of the steam before using it. If it is too hot wait 15 seconds and test it again until it feels comfortably warm to steam with.
- Pour 4 cups (half) of water into the bowl you have placed in your toilet or womb-steaming bowl.
- Wave your hand 8-10 inches over the herbal water to make sure it is not too hot.
- Remove your underwear and sit on the seat above the steaming water. (Be sure to have taken a fresh shower).
- Drape a large blanket or sheet around your waist down to the floor making sure no steam escapes.
- Make sure you keep yourself warm, keeping something on your feet (socks, slippers) and neck. You do not want any cold to get into your body while you are trying to warm it.
- You should feel a warm, rolling heat for about 10-12 minutes.
- When the steam dies down dump the water into the toilet. Starting with step 4 begin the second dosage. If it has cooled too much, reheat but test again before sitting over the steam.

**Please note:** This can temporarily increase menstrual flow with more dark fluids or debris. Menses may start earlier than usual due to the cleansing effect.

**For advice on which herbs to use, it's best to schedule a Customized Womb Steaming Consultation virtually, with Yo'ela The Medicine Woman Certified in Womb Ancient Practices, beforehand.**