

# Yoni Steaming At Home Guide

## Important:

- **Must not be done during pregnancy** – the cervix must stay tightly closed to ensure a healthy pregnancy.
- **During menstruation** – depending on your reasons for having the treatment different stages of your cycle may be recommended but never while you are bleeding, that includes postpartum.
- Genital piercings must be removed.
- Wait 48 hrs after shaving or waxing.

## What you will need

- A packet of organic herbs – visit my online shop for suitable herbs
- 1.5 to 2 litres of filtered spring water.
- A pan with a lid large enough to hold 2 litres of water.
- A bowl about 3 litres. Large enough to hold your hot yoni steam tea but small enough to fit inside your steam stool or comfortably between your knees.
- A blanket or large wrap.
- For extra comfort you may also need an extra shawl or wrap and some cosy socks.

As you are giving yourself this space and time why not put on some soft music, light some candles and burn some incense.



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## How to perform the vaginal steam

- Bring the water to a boil. Once at a rolling boil throw in a handful of herbs, put on the lid and turn off the heat. To retain the volatile oils from the medicinal herbs.
- Steep for 6/7 mins. (The herbs will continue to release their goodness whilst you are steaming). Pour the contents of the pan into the bowl and place this inside your steam stool or next to the bed or chair on which you will be leaning.
- Take a seat on the stool (of course without underwear) Then wrap your blanket around your legs and waist and allow your knees to open. If you are working on the floor kneel over the bowl placing it slightly behind your knees. Wrap your blanket around your waist to hold in the steam and rest forward onto whatever you have chosen to lean on.
- Make sure you are warm and comfortable, steam for about 20/30 minutes. The steam should feel warm but not so warm that it's uncomfortable. This process is to be enjoyed not endured.
- As you relax, breathe deep into your belly, be aware of your womb, the sensations, any thoughts or emotions that may arise.
- When you are finished wrap up warm and rest for at least half an hour to strengthen the healing process.
- Steaming is generally practised in the few days after menstruation. Depending on your reasons for steaming your practitioner will make suitable recommendations.

If you would prefer to book a vaginal steam at my Wombon studio, please [contact me](#). If you can't make it along in person, you may benefit from a virtual consultation to support you steaming at home.

A bespoke consultation helps establish and blend a steaming programme that is individual to you and helps you with the process.

We can discuss any questions or concerns you may have, your flow and go through the various steaming herbs available and what would be right for you and your circumstances. A virtual consultation costs £45.

To schedule a consultation, please purchase [here](#) and we can arrange a suitable time.