

VAGINAL/YONI STEAMING

Alongside self-abdominal massage, herbal vaginal steams can assist in the cleansing of the womb for the treatment of conditions from menstrual pain to menopause. But did you know they can also help to:

- ▽ purify
- ▽ cleanse
- ▽ help to open & clear the base chakra
- ▽ help us to connect with the womb/yni space
- ▽ soothe anxiety & fear
- ▽ help with fertility
- ▽ increase blood flow
- ▽ soften tissue
- ▽ increase energy levels
- ▽ support the postpartum healing
- ▽ act as a tonic to the womb &
- ▽ balance hormones

And what's more, it's a delicious self-care tool that can be used from post bleed to your next bleed or day 1 its very light. If you are actively trying to conceive ~ just up to ovulation but NO later.

Plants/Herbs: The ones most commonly used are marigold, oregano, rosemary, motherwort, St. John's wort, chamomile, red clover, dandelion, yellow dock, rose petal, calendula. These can be bought as preblended, dried herbs ~ my go to is Emma at www.womansoul.co.uk – delicious blends for your moontime, fertility, menopause & more. Or, you can use fresh herbs that you've collected yourself.

You can use just one of these cleansing plants, or a mixture, depending on what is easily available and what you like & what you would like to achieve.

What you will need: herbs for steaming, large saucepan with lid, water, blankets, music, candles, chair with slates/chair with hole (If you don't have a suitable stool or chair, you can use a metal bowl placed into the toilet, (this is my least favourite option as its difficult to make this a sacred ceremony/ritual, although it is functional). The last option is using the floor & lean onto your bed (my fav option!) Yoni steaming chairs are now a thing too! (www.mamaluna.bigcartel.com do a range which is affordable & pretty)

Quantity: Two large handfuls of fresh herbs; dried herbs require just one handful (approx.25 grams).

Directions: Place the herbs into a large pan of simmering water, crushing as you do if fresh. Place on the lid so that any volatile essential oils released from the herbs are not lost. Simmer fresh

herbs for 10 minutes, dried herbs for 20 minutes. Leave for five minutes with a lid on the pan and then pour into a large metal bowl. DO NOT add essential oils to the herbs ~ they are too concentrated to use in this form).

Mindfully prepare your space whilst the herbs steep ~ light candles, ensure the space is warm, turn off phones & devices so that you won't be disturbed. Prepare music or think about using the time to go with in and connect with your yoni/womb/pelvic bowl through meditation/visualisation.

When the herbs are ready (test that they aren't too hot!), place under the chair, or which ever option you have chosen.

Take off underwear but leave your socks on if it's cold. It's vital you stay warm and comfortable. Sit on the chair/crouch, draping a heavy towel or a blanket around your waist to trap the steam in. Be careful not to allow any drafts in, so make sure the blanket goes all around and reaches to the floor. Ensure that you keep your top half warm too.

Sit over the steam for 20 minutes or until it starts to cool. This is a good time for prayer, meditation, reading or simply to sit quietly and enjoy the herbal healing. The heat should feel pleasant. If it is too warm, wait for five minutes and try again.

Rest quietly after the herbal steam. It is great to go to bed for an hour if possible, but in any case, ensure that you keep warm & a rest.

You might find there are changes in your cervical mucous & bleed. These are normal cleansing reactions and should be regarded as part of the healing process.

Contraindications: Pregnancy or if there is a possibility. If you are actively trying to conceive, use pre-ovulation only (you can check ovulation via cervical mucous/position of the cervix/basal body charting)

When to steam?

Dysmenorrhea or Painful Periods ~ Up to 3 times the week prior to your period. Or first day of your period if you are spotting

Fibroids ~ Up to 3 times the week prior to your period. As fibroids relate to coldness + stagnation, steaming helps to warm into the pelvis & abdomen (use this if you are NOT actively trying to conceive)

3 Month Fertility Protocol ~ Before your period ONLY if you are not actively trying to conceive or using protection

1 Month Fertility Protocol ~ First day of your period if light or at tail-end of your period

Menopause - 4 times per year at seasonal changes (or as needed). Sometimes women who haven't bled in years will report having what seems like another "period", it is though more likely it's a cleansing of old debris from the womb and is perfectly normal.