

Womb Steam for women's health

Womb steam or Yoni steam is a non invasive, nourishing ritual women can practice at home to nurture their womb health and deepen their own body wisdom and intuition.

- During a yoni steam, the warmth of the steam allows the vagina to soften, open and become absorbent.
- The volatile oils and medicinal benefits of the plants are absorbed into the bloodstream through the vaginal tissues and ultimately reach the cervix, uterus, fallopian tubes and ovaries.
- The steam also warms and nourishes the internal membranes of the womb.

Womb Steam for women's health

To do a Womb steam at home, you will need:

- Just a bowl or a yoni seat or a chair with a hole, or a over toilet chair or camping toilet chair.
- About 2 litres of water (8 cups of water)
- 1 cup of dried herbs or 3 cups of fresh herbs (NO essential oil: they are too strong for your soft and delicate tissues of your yoni.
- 1 or 2 blankets to wrap around you to create a temple or mini sweatlodge to keep the heat in.
- Woolen socks to keep your feet warm (important as we loose lots of heat from our feet)
- Prayers. In the mayan traditions, they believed that without prayer the steaming would not be as effective.

Do not steam when you are bleeding (even spotting).

Do not steam after ovulation if you want to get pregnant.

Do not steam during pregnancy.

Do not steam if you have an active infection.

Do not steam if you spontaneously bleed between periods.

Do not steam during a miscarriage - wait until your bleeding has ceased.

Do not steam if you have an IUD.

Womb Steam

for women's health

Setting up your steam:

- Light a candle and set an intention or prayer.
- Give thanks for your herbs and water.
- Bring to the boil the water and herbs and simmer for 10 min.
- Wear woollen socks to keep your feet warm (very important!)
- Carefully carry the pot (or pour it to a bowl) and place under your seat or on the floor.
- Remove the lid (be careful of the heat!)
- After a minute or so you can seat or kneel or stand on top of your container. Be slow and adjust your position depending on the heat
- Be mindful of your vulva over steaming vapor. Be careful not to burn yourself!
- Wrap yourself with your blankets.
- Enjoy the warmth and nourishment from within.
- Steam for 10-30 minutes
(if you have a short cycle less than 27 days, your uterus might be fatigued and shorter steam of 10 min is recommended)
- You could choose to listen to some music or guided womb meditation or remain in silence focusing inward.
- Perhaps you can ask your womb if there are any messages for you and pay attention to what comes.
- When finished, dry yourself and keep warm.
- Best to lay down wrapped in a blanket or go to bed after a steam.
- Avoid any cool drafts after a steam.
- Remember to return the water and herbs to the earth

Womb Steam for women's health

After a steam you feel sleepy, lightheaded, emotional or in your full power.

Make sure you have time to rest after a steam to integrate the healing and nourishment gently.

Best to do it just before bedtime!

You might notice some change in your next menstrual cycle (quantity and quality of the blood) , or vaginal discharges or feel more suppleness in your soft tissues.

Womb steam can support a cleansing process, so if you have old residues or old blood stock in your womb, the steam will help to release it out.

Every steam is always a unique experience. Depending on what is arising in your life you might feel very different or notice various effects from steam to steam.