



## Yoni Steaming

Yoni Steaming, also known as Vaginal Steaming or V-Steam, is a wellness practice that is beneficial for young girls, teen girls and women of all ages. Yoni is a Sanskrit word that means the womb, vagina, vulva, and uterus; origin, abode, or source. It is associated with the symbol of Shakti, the divine feminine, and Goddess. According to Dr. Zhaleh Phillips "Yoni Steaming is the practice of applying herbs to the skin and mucous membranes of the pelvis via gentle steam." Yoni Steaming works by stimulating your body's natural healing abilities and has been practiced all over the world for thousands of years, from Ghana to China to Sweden to Papua New Guinea, the Aztec and Mayan Empires, and everywhere else between.

Yoni Steaming is an opportunity to regain ownership of our personal health as women and care for our wombs using intuition and Mother Earth's plants to support and nourish our overall well-being, trusting the wisdom of generations of women that have come before us.

Below are just some of the benefits of Yoni Steaming. Results may vary and can usually be seen within the first three months of consistent steaming.

Prevention for imbalances

Reduction in pain, bloating and exhaustion associated with menstruation

Decreases heavy menstrual flow

Regulation of irregular or absent menstrual cycles

More rapid healing and a toning of the reproductive system after giving birth

Eases discomfort of uterine fibroids, ovarian cysts, uterine weakness, PCOS, uterine prolapse & endometriosis

Helps to restore bacterial and PH balance to aid in prevention of infections, bacterial vaginosis and odors

Relief for symptoms of menopause including dryness or pain

Can tighten the vaginal canal

Detoxification of the womb and body

Allows modern day women the opportunity to reconnect to the ancestral wisdom of the womb

Release of stored emotions & anxiety

Access to the feminine energy that gives rise to our vibrant radiance and creative potential as women

Relieves tension and creates a state of bliss

Helps with insomnia

May promote fertility

Postpartum recovery by aiding in the repair of vaginal tears, episiotomy, or C-section scars

Pain with intercourse

Heal from emotional or sexual trauma

Assist with the healing of hemorrhoids

Relieve chronic yeast infections and UTI's

Stronger & more frequent orgasms

Tap into our creative potential, art, projects, service and soul work

Increase libido & reignite sensual passion

Deepen connection to your feminine essence

An act of self-love and self-care

### What to Expect

Steaming is a cleanse. Some of the possible signs the vaginal steaming is working is if you experience the following: urination urge while steaming, brown discharge after steaming, increased clots or cramps during the next period, increased dry cramps, increased irregular vaginal discharge (white, green, thick, clumpy), emotional release, periods that come earlier or later than expected. All of these are a normal part of the cleansing process and these signs should go away once the cleanse is complete. Please note these changes and inform your practitioner.

### Best Practices

1. Go to the bathroom directly prior to vaginal steaming
2. Learn proper period care. Avoid tampon use and instead use cotton pads, period panties, or cloth pads. The period is a uterine cleanse and when supported the clots can easily clear out. Plugging up with tampons, on the other hand, prevents the old residue from clearing out and that is often the cause of cramping. It's also important to rest during the period and to eat the right foods (rich in iron and balanced nutrition).
3. Increased vaginal discharge can be addressed by using cotton underwear liners and a peri-bottle throughout the day to clean mucus off the skin.

### Caution Signs

If steaming causes rash, bumps, headaches, itchiness, diarrhea or the onset of fresh spotting or inter-period bleeding, this could be a sign that your steam plan or herbs might need to be adjusted or that there is an allergic reaction. If these signs occur, please let your practitioner know so they can adjust the steam session as necessary or make a referral.

In most cases using a mild steam session and custom herbs will prevent any of the above signs from happening so it's very important that you give honest answers in the health questionnaire so that the practitioner can set up a steam session that will fit your needs.