



YONI STEAM BATH

Why do a Yoni Steam?

From a physical perspective,

Yoni steams are a great way to cleanse the Womb, helping to remove unwanted waste and old lining. It also helps to encourage the Womb into an open and more upright position.

From an emotional and spiritual perspective, it is literally entering through your Root Chakra to cleanse. So you may have upsetting experiences or unwanted memories of partners that have “been” and “attached” through your Root Chakra.

Alternatively, you may be looking to encourage Love or Fertility into your life, and if your Root Chakra is blocked, this could help to encourage the right energy your way. Yoni Steaming is a beautiful ritual that opens and connects you to your womb, allowing the space for the womb to be at the centre of your thoughts, bringing healing and love to the centre of a woman’s being!

How to do:

To do a Yoni steam treatment you need a large double handful of any of the fresh herbs mentioned below (or any combination of two or more) to boil in a large pot that holds about two liters of water. If the herbs you are using are dry, you will need a single large handful to the same amount of water. Boil the herbs in the water for twenty minutes and remove from the heat.

Place the steaming pot of herbs on the floor and sit over the pot on a chair with holes or slats in the seat. Your body should be one or two feet above the steaming herbs. You should be naked from the waist down with

Yoni is Sanskrit for Vagina to mean "*divine passage*" or "*sacred temple*"

a towel wrapped around your legs and waist to hold in the heat. You should remain in the chair absorbing the herbal steam into your vagina for twenty minutes. If you feel like it is burning you, remove the pot of herbs and let them cool for five minutes and replace.

Afterward, one must be careful about exposure to cold drafts or sleeping in an air-conditioned room. You should keep warm after the steam bath. The ideal would be to go directly to bed and wrap up warmly for an hour. This will serve to strengthen the treatment and allow your body to process the healing effects of the Yoni steam bath. This can be performed at any time during your cycle, except for the 3 days prior to and during menstruation and may be repeated every month until improvement is realised.

*****Do not use after ovulation if you are Trying to Conceive*****

Which herbs?

For Luck

All Spice
Aloe
Daffodil
Holly
Oak
Rose

Healing

All Spice
Cinnamon
Burdock
Eucalyptus
Fennel
Garlic
Hemp
Lime
Nettle
Oak
Olive
Onion
Peppermint
Rose
Rosemary
Rue
Saffron
Thyme

Love

Basil
Cardamom
Chamomile
Cinnamon
Clove
Coriander
Daffodil
Daisy
Geranium
Jasmine
Juniper
Lady's Mantle
Lavender
Lemon
Lime
Lotus
Mistletoe
Orchid
Peppermint
Rose
Rosemary
Rue
Saffron
Thyme
Yarrow

Fertility

Daffodil
Geranium
Olive
Pine
Hawthorn
Mistletoe
Myrtle

To Unblock

Chicory
Mimulus
Mistletoe

Purification

Bay
Chamomile
Fennel
Lavender
Parsley
Rosemary
Thyme
Turmeric
Vervain

To release shame from Sexual Past

Pine

Connecting Mind to Body (3rd Eye to Root and Sacral Chakra)

Marigold

Jasmine

Rose

Dried herbs can be purchased online. I use www.woodlandherbs.co.uk or www.baldwins.co.uk But there are many to choose from. Or you can use fresh herbs. If you cannot find dried or fresh herbs, you can use 6 drops of essential oils.

The Herbs in my recommended Yoni Steam pack are:

Lavender, Yarrow, LemonBalm , Marigold, Rosemary, Rose & Mistletoe.

The energy of this blend focuses on fertility, love, purification, healing and unlocking a closed root chakra. Helping to connect to spirit, encourage prophetic dreams & assist with those wishing to connect and bond to their future babies.

The energy of herbs connects to the 4 elements; Air, Fire, Water & Earth, the Masculine & Feminine energy, the Sun, Moon & Venus and Goddess Isis.