

THE YONI STEAM



GUIDEBOOK

BY WOMANOFHEWOMB

The Yoni Steam Guidebook

For Mental, Emotional,
Physical, and Spiritual Health

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A Guide to Yoni Steaming for Mental, Emotional, Physical,
and Spiritual Health

Self-Published

womanofthewomb@gmail.com

www.patreon.com/themeditationfamily

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*For those who are interested in restoring and
preserving this ancient, sacred practice and passing
it forward to the next generation*

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What is Yoni Steaming?

Yoni steaming—also referred to as vaginal steaming, v-steaming, or pelvic steaming—is a centuries-old technique that originates from various cultures around the world and has been seen as an integral part of womb care and reproductive healing processes. Not only can it be used for women, but for men as well to help alleviate certain health ailments. This process involves sitting or squatting over a steaming pot of water infused with herbs, which are chosen for their various medicinal and energetic/metaphysical healing properties.

The gentle heat and moisture from the steam help to carry the medicinal properties of the herbs into the vaginal tissues (as well as the rectum), where they are absorbed directly into the bloodstream and carried up into the reproductive system. The tissues in the vagina and the rectum are extremely absorbent and rich in blood supply, which is what allows this practice to work so efficiently when it comes to healing certain reproductive issues.

The practice of yoni steaming has ancient roots and can be traced back to various cultures across the globe. Historically, it was particularly prevalent in Asia, Africa,

and Central America. For instance, in Korea, this practice is called "chai-yok," while in Central America, it is referred to as "bajos." In Africa, different tribes have their own variations of vaginal steaming as well.

In these traditional societies, yoni steaming was often seen as a sacred and therapeutic practice for women. It was believed to promote physical, emotional, and spiritual healing, as well as maintaining female reproductive health. Many cultures viewed the womb as a vital center of a woman's being, and yoni steaming was considered a way to honor and nurture this aspect of femininity.

Most often, yoni steams were performed as a sacred ritual, during certain times of the month, or during specific phases of a young woman's life (such as after childbirth). Knowing that the womb is a powerful portal of manifestation, honoring and creating a sacred space before performing a yoni steam while infusing the space with words of prayer, affirmations, and your specific intention, were also seen as an essential part of the process.

Although it has traditionally been associated with women's health, its benefits are not exclusive to one gender. The term "pelvic steaming" is often used when referencing this as a gender-neutral practice and highlights the fact that this practice is also beneficial for things like rectal and colon health, prostate health, and overall detoxification of the body.

We'll dive deeper into the specific benefits of yoni steaming, how to properly and safely set up your yoni steam, what you should know about choosing the proper herbs, how this practice can also help to support men's reproductive health and more! I've also included a few herbal blend recommendations for general health and for

common ailments. As always, be sure to do your own research to become more familiar with herbs and their specific benefits.

One of the most important things to remember is that yoni steaming is only one healing modality in a multitude of different practices. Yes, yoni steaming is extremely beneficial, however, it must also be paired with other everyday lifestyle healing practices, especially if you are working to heal dis-ease and ailments within your body. Herbs are meant to be an added support in our overall health, whether we're using them in the form of tea, tinctures, or yoni steams. It is also important to take a look at your diet and drinking habits, the products that you use (especially menstrual products), household cleaners, clothing choices (as certain fabrics or chemicals used in production can also create imbalances), and so many other factors. Supporting your healing journey with other lifestyle changes is also an essential aspect that accompanies the practice of yoni steaming.

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The Benefits of Yoni Steaming

If you decided to get a copy of this ebook, then I don't need to convince you as to why you should try yoni steaming, but there may be some additional benefits you aren't aware of. And while there may not be enough "medical evidence" to support the claims of yoni steaming, which you will see stated in many articles online, the anecdotal evidence of people across the world, spanning generations back, has shown the powerful healing effects of this practice.

In essence, yoni steaming is much like taking a suppository (a practice where medications are administered through the rectum or vagina). Doctors are aware that the sensitive tissues in this area make it easier for the medications to travel through the bloodstream and provide quicker relief than some traditional medications. So if you've ever used a product like Monistat for yeast infections, then you may want to consider why a practice such as yoni steaming is heavily shunned by the medical industry.

Another thing to consider is that all medications are made using the studies and properties of herbs, plants, fungi, animals, and things that are naturally produced in nature. “Experts” in the industry study the effects and properties of these things and then reproduce them in the form of medications and pills. It’s important to remember that the traditional medical system is still a business industry at the end of the day and they make their profit off of individuals who become dependent on the medications they provide. This is not to say that we need to completely shun the medical advances that we have today, but that we should use our own intellect and awareness to make sound decisions when it comes to our bodies and our health. We should pose more questions and keep an open mind about various healing modalities, even when the general information tries to steer us away.

With that being said, the benefits of yoni steaming truly are endless. Yoni steaming can be used to help regulate the menstrual cycle, encourage bleeding if your flow has been stagnant, reduce your flow if your bleeding is excessive, improve fertility, balance hormones, tone the uterus, prevent postpartum bleeding and hemorrhaging, heal minor tearing after giving birth, reduce hemorrhoids, shed stagnant blood still trapped in the uterus, heal the womb after pregnancy loss, relieve vaginal dryness, have stronger and more frequent orgasms, assist with symptoms of menopause, reduce cramps and symptoms of PMS, prevent VB and chronic yeast infections, and I could continue on and on.

Pelvic steaming for men is also highly beneficial for prostate health, as it helps to boost blood and oxygen circulation to this area. The prostate gland is an essential part of the male reproductive system and pelvic steaming

can be used to keep this organ functioning optimally and efficiently. Steaming can help prevent pain and blockages in this area, as well as help avoid developing more severe issues such as prostate cancer. Men also tend to commonly suffer from hemorrhoids and pelvic steaming can help to reduce their size, relieve pain, soothe itching, and reduce soreness. Other benefits include regular detoxing of the lingam (penis) and colon, which leads to better digestion and even gut health, reducing erectile dysfunction, boosting sex drive, enhancing libido, cleansing the skin of foreign microorganisms, and preventing the passing of bacteria back and forth between partners.

Aside from the physical benefits of yoni/pelvic steaming, this practice is also beneficial for reducing stress and tension, becoming more present and grounded within the body, activating and balancing the root and sacral chakras, releasing trapped emotions and stagnant energy, recovering from sexual trauma, cleansing the energy of past partners, reconnecting with your womb and divine feminine energy, increasing creativity, enhancing intuition, and tapping into ancestral energies.

3

Is Yoni Steaming Safe?

Generally speaking, the practice of yoni steaming is safe, although there are a few guidelines that you should follow and things to be aware of when you are beginning this practice.

For one, there are times when this practice is not suitable for everyone. For example, you should not perform a yoni steam while pregnant, on birth control, actively bleeding during your menstrual cycle, actively experiencing an STI/STD outbreak, or post-insemination if you are actively working to conceive. If you are on specific medications, you may also want to consult a doctor or a certified steam practitioner who can give you proper guidance on the contraindications. Some herbs may interact with specific medications and create adverse effects or diminish the effectiveness of the medication you're taking. This is especially true for blood thinners, birth control, diabetic medications, heart medications, etc.

Yoni steaming has the potential to ripen and soften the cervix, as well as other potential risks that make it unsafe for pregnancy. To relieve symptoms, you may also prepare certain herbs as tea or an herbal bath. Be mindful that

certain herbs should not be taken at all during pregnancy (such as mugwort) because they may cause premature rupture of the membranes or result in miscarriage. Always do your due diligence when researching and selecting herbs.

Keep in mind that most doctors in traditional medicine are unfamiliar with this practice and will likely advise against it in order to avoid any legal responsibility should you experience any adverse effects. This is why it would be more beneficial to work with a certified practitioner or work with a holistic doctor who has familiarity with this practice. **Steamy Chicks** is a wonderful resource where you can fully immerse yourself in the practice of yoni steaming, choose from a directory of over 600 practitioners to work with, or even become a certified yoni steam practitioner yourself. I am not endorsed by them in any way, but I value the work that they do in their communities and have worked with practitioners in the past who were certified through their program.

There are also a few guidelines that you should follow when it comes to yoni steaming. As this practice becomes increasingly popular, there are some common things I've seen that you'll want to be aware of when setting up your own steam.

- 1. Do not use plastic materials for your steam.** There are a number of different setups that you may use, but whatever container you use as the actual bowl or pot for your steaming herbs *should not be plastic*. You may see a number of different products online for portable bowls, such as sits baths, made for yoni steaming, but you never want to put hot or boiling herbs into a plastic container due to chemicals and micro-plastics leeching into your water. If you choose to use a pot, it's also best

to avoid non-stick teflon pots as well. Opt for stainless steel instead or bowls made of clay, ceramic, or heat-resistant glass.

2. Have a designated pot/container for steaming.

For safety and sanitary purposes, it's best to keep whatever container you'll be using separate from your other dishes or pots that you use to cook with. Make sure to thoroughly clean all of your materials before and after steaming to prevent the spread of bacteria and prevent any sort of infection.

3. Your herbs should steam, not boil.

Yes, you can initially boil your water to heat it up, but once you add your herbs, you only want them to steep. Once you begin your steam, you only want the water barely at a simmering level—just enough to feel like a hot, steamy shower. We will dive deeper into this in the following chapter, but if you choose to incorporate something such as an electric cooker (which is what I use in my setup) then you want to utilize the “keep warm” feature so that the water stays at a constant temperature without burning out, or without the water boiling and burning you.

4. Choosing your herbs is important!

This is one of the biggest things that I can reiterate. Herbs may be natural and from the earth, but some of them are quite potent and powerful, and they must be treated with a level of reverence and respect. Blending herbs is not only an art form where you should know the general properties of the herbs you are using and how they interact with each other, but you want to make sure you're using the proper herbs for your specific condition/needs so that you don't unintentionally

disrupt the pH balance and protective flora and bacteria naturally present in the vagina.

5. Limit your time steaming. While the frequency of how often you choose to yoni steam is unique to you and your needs, it's important to limit your sessions to 20-30 minutes at a time. Just as with any other medication, it's important to be mindful of dosage and administration so as to not cause adverse effects. If you suffer from high blood pressure or seizures, this is an important guideline to follow. If you ever feel dizzy or lightheaded while steaming, stop immediately and allow yourself to rest. When you first start out, you may want to begin with only 10 minutes at a time, then work your way up to 20 and then 30 minutes.

6. Drink plenty of water. As yoni steaming becomes more popular and widespread, there are plenty of spas now offering this as a service. Wine and other drinks are often provided for the pampering experience, which you may certainly partake in. However, drinking water should be an essential part of steaming. As the body begins to sweat and toxins are released, it's important to stay hydrated and be sure that you are replenishing your cells. This may also help to prevent the experience of feeling dizzy, faint, or weak while steaming.

7. Remove piercings. If you have any sort of genital piercings, especially if they are stainless steel, you may want to remove them before performing a steam in order to prevent heating and burns.

8. Avoid using tap water. Tap water is known to carry certain toxins and impurities as they travel through our pipes, so it's recommended to use purified water or even spring water when performing your yoni steam.

9. Do not use essential oils. You may find tips or recipes online that suggest adding essential oils to your yoni steam blend, but it's best to avoid adding them because their potency may actually be too strong and can cause burns or allergic reactions to sensitive genital tissue.

4

How to Properly Set Up a Yoni Steam

While there are a number of different ways that you may set up your yoni steam, there are some essential steps you'll want to follow in order to receive the maximum benefits. Don't worry though, they are actually quite simple and straightforward. If you are not comfortable with choosing your own herbs, then you may want to consult a yoni steam practitioner or a professional herbalist who can help you decide on a blend that is best for your unique situation. However, once you've gotten that step cleared out of the way, then it's completely possible for you to create your own setup at home to perform the actual steam.

The first steps are primarily about setting the tone for your space when you set up your steam. They aren't necessarily rigid rules for you to follow, simply tips that can help you to amplify the energy and set the intentions of your steam before you begin. These are especially helpful if you are incorporating yoni steaming as part of a monthly

ritual—such as during the new moon or full moon—or are focusing on the aspects of energy healing and cleansing.

1) **Creating a sacred space.** You may want to designate a certain spot in your home for steaming. You can decorate this space with healing crystals, pieces that represent the different elements (air, earth, wind, fire), pictures and artwork, statues, or whatever else speaks to the energy you would like to cultivate or focus on during your steam. For example, if you are steaming with the intention to increase fertility, you may want to incorporate rose quartz or moonstone or have statues of a fertility goddess set on your altar. To create a more relaxing and peaceful environment, you can also play certain sound healing frequencies while you steam. You can sage your space to clear the atmosphere, or even pray and say affirmations over your healing space before you begin.

2) **Shower and cleanse your body.** Make sure that your body is clean before beginning a steam, especially if you are going into a spa or facility to be serviced. Personal hygiene is an absolute must, not just for yourself, but for those who will be taking care of you.

3) **Determine how you want to set up your steam.** This can be done in so many different ways, but the most basic and simplest way to do this is simply to have a bowl that you can kneel over. For added comfort, however, you may want to have an open stool or a chair that you can sit on and then place your chair underneath. Make sure that this chair has a hole in the center so that you can sit directly above the steam. Refer to the images at the end of this chapter for added clarity.

4) Use the proper ratio. Whatever herbal blend you're using, a good ratio is typically 8 cups of water with 1/4 to 1 cup of dried herbs.

5) Prepare your herbs. There are a few methods to choose from for preparing your herbs. The first is to use the pot-to-bowl method. In this instance, you'll want to bring a pot of water to boil on the stove. Once it has started to boil, turn the heat off on your stove, then add the herbs (using the ratio mentioned in the last step) and allow them to steep for at least 5 minutes with the lid on. Leaving on the lid prevents all the medicinal effects from escaping into the air. Next, pour only **half** of this mixture into the final bowl that you will use. When the steam dies down in the middle of your session, simply dump those herbs out (flush them or return them to the earth) and use the second half of the water that was left in your pot—you may reheat the mixture if necessary. The other method is to use an electric cooker or an electric burner with a pot on top. Personally, I prefer this method because it allows for the herbs to stay warmer for longer without having to heat up a new batch. Simply adjust your settings to the “keep warm” feature and be sure not to allow the temperature to rise to a boil.

6) Start your steam. This might go without saying, but once you have your herbs prepared and heated, go ahead and remove your underwear to sit over your bowl. Be mindful and take care not to touch your bowl directly with your skin if you are not using the chair method.

7) Wrap your body. Whether it's a gown, large towel, or simply a blanket, make sure that you stay covered from the waist down, covering yourself and the entire

Yoni steam setup. This ensures that all of the heat and steam do not escape during your session. You want to receive the maximum benefits of your Yoni steam, so keeping the heat contained is essential.

8) Maintain your body heat. You may want to wear socks or slippers while steaming so as to not lose too much body heat through the feet. You do not want any cold to enter the body while you are trying to keep it warm.

9) Choose a good time to steam. It's likely that you may feel relaxed and tired after your session, so be sure to perform during a time when you know you'll be able to sit down, relax, or even get some rest after steaming. Give your body time to heal, repair, and recover before you go about completing more tasks, especially if they are strenuous.

Overall, don't let these guidelines overwhelm you. Just be mindful to move slowly and intentionally so you do not burn yourself, keep your body warm while you're performing your steam, and create a space and practice that feels right to you. This is a self-care practice, even if you are using it for healing. It's meant to be enjoyed and used as a way to reconnect with your womb space by showing intentional love and care.



Pictured here is my simple yoni steam setup. I use an electric cooker to maintain the temperature of the herbs, along with the open chair. Both items can be found on my amazon storefront www.amazon.com/shop/womanofthewomb



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Choosing The Proper Herbs for a Yoni Steam

This is one of the most important steps that goes into Yoni steaming, as the herbs are the main star of the show! If you are yoni steaming simply for general health or if you don't have any pre-existing health conditions, then creating an herbal blend on your own may be perfectly feasible for you. However, **if you have more extreme conditions**, such as PCOS, fibroids, ovarian cysts, or any other pressing matter, then **I highly recommend consulting with an herbalist or Yoni steam practitioner** who can help you to build a blend that is customized to your needs. You will need to have a basic understanding of the underlying causes of your condition so that you may choose the proper herbs to assist you. For example, if you are yoni steaming to improve fertility, then you'll need to know the underlying causes that are affecting your fertility. For some women, it can be due to irregular cycles which causes variations in the time of the month that they ovulate. For others, infertility issues can be linked to an infection that needs to be dealt with. So the herbs that are used would be completely different.

If you do choose to create a blend on your own, then here are some guidelines to help you choose what to incorporate. First, you will want to know what your goal is for steaming and once you have that goal in mind, you can go about choosing the herbs that are right for you. For example, if you have a heavy blood flow during your period, you may want to choose an herb such as yarrow to help regulate and lighten your flow. If you are steaming for postpartum support, you may want to choose an herb such as red raspberry which will help to tone and strengthen the uterus, or an herb like chamomile which will help to reduce cramps and postpartum muscle soreness. Lastly, you'll want to know if there are certain herbs that your body is sensitive or allergic to so that you can substitute with an herb that still has similar benefits.

Aside from the physical healing aspect of the herbs, remember that yoni steaming is also a great support in processing emotions within the body as well as the body's subtle energies. This is also something you will want to take into account when yoni steaming. What energies are you working to clear and what energies are you working to embody? What symptoms are you working to clear on a mental, emotional, and spiritual level? What does your body need right now—more rest or more energy? With the answers to these questions in mind, you can go about researching the best herbs to utilize in your blend.

I've mentioned it numerous times that you should consult a professional herbalist or yoni/pelvic steam practitioner, but I encourage everyone who is interested in steaming to also become a student in herbalism, even if at the most fundamental level. It is important to have well-trusted guides and mentors, but part of the journey of reconnecting with your womb is being able to step into

your own power. Reading, researching, and learning is also part of that process. Eventually, you will become more intuitive, and certain herbs will appear to you, letting you know that they desire to connect with you. Or, you may feel called or drawn to use certain herbs, only to do some research on them and learn that they embody the exact healing properties that you need during a certain phase of your life.

When it comes to building an herbal blend, there is a certain “trinity” that you’ll want to utilize as your guidelines. This trinity is broken down into three categories: the leading herbs, the supporting herbs, and the catalyzing herbs. It’s important to know that in some instances, certain herbs can play more than one role. There are times when a supporting herb may be used as the primary herb instead. These guidelines are simply to help you determine the ratio of the herbs that you want to use when building your own blend.

Leading Herbs: This is the primary or the master herb that the rest of your blend will be centered around. Sometimes, you may have more than one leading herb, but its essential function is to target the primary symptom or condition that you are targeting. These should account for 70-80 percent of the entire volume of your blend. Example: When I create a postpartum yoni steam blend, my leading herb would be red raspberry due to its benefits in strengthening and toning the uterus, healing tears, balancing hormone fluctuations, and reducing postpartum chills and shivering.

Supporting Herbs: These herbs should make up 20-30 percent of your blend and are used to nourish and support the body. They are often used to magnify, support, and assist the additional, secondary qualities of your leading

herbs. They can also be used to soothe or buffer some of the stronger effects of the primary herbs. *Example:* Red raspberry is naturally used to tone and strengthen the uterus. Chamomile is a supporting herb in my postpartum blend because it is anti-spasmodic, which supports the healing of the uterus. Yarrow is a supporting herb because it is great for wound repair, fighting infections, and healing tender, bruised tissues. It supports the main herb, red raspberry, which one of its primary functions is to heal postpartum tears.

Catalyst Herbs: These should be in small amounts, making up only 5-10 percent of your total herbal blend. They are included to help activate the body's functions and organ systems that will help to metabolize the healing properties of the other herbs. Their purpose is to warm or stimulate the body, activate metabolic processes, break up stagnation and improve circulation, and assist the body in elimination (whether that's eliminating blood, excessive fluids, toxins, sugars, mucus, etc.). *Example:* Rosemary is a catalyzing herb in my postpartum blend because it helps to circulate old fluids and blood that have become stagnant within the body.

Using these guidelines, you can begin to practice creating herbal blends based on your specific needs. Another thing to note is that you never want to add essential oils to your blend because they are too harsh and concentrated for the sensitive tissues of the rectum and vagina. Also, you want to make sure that you always use organic, edible herbs. Herbs that are sprayed with toxins or pesticides should always be avoided whenever you are preparing medicinal blends, especially when yoni steaming. Once you've created your herbal blend, be sure to store it in an air-tight glass container to ensure its freshness and potency.

Remember that herbs should be thoroughly dried out before storing them, to prevent spoiling due to moisture.

6

Yoni Steaming for General Womb & Menstrual Health

While Yoni steaming can be used to assist with a variety of reproductive health issues, it is most commonly used to support menstrual health, even if you aren't suffering from a specific ailment. Yoni steaming can be a great way to maintain vaginal health or simply honor your womb space as part of your monthly ritual. Some may use it as a practice during the new moon and full moon phases, as a way to connect deeper with their intuition, or to harness their womb power when setting intentions.

For more extreme cases of menstrual and reproductive issues, such as PCOS, fibroids, infertility, etc. then it is essential to have a holistic approach that also includes diet and detoxing to fully support the body by integrating the medicinal effects of the herbs used in Yoni steaming.

When should you steam? How often you choose to Yoni steam will be unique to you. For more severe cases, you may want to begin by steaming once a week. For general womb care, perhaps only once a month. Usually steaming 3 days up to a week before the onset of your period, and then again after your period has ended may

help you with regulating your cycle and shortening the length of your cycle if you find that it's lasting longer than three days. This can also help to prepare you for your next cycle so that your symptoms become less severe over time. Remember always to wait until you are no longer actively bleeding to begin your steam. You may experience spotting or the sight of brown blood which is a signal of your body clearing out old, stagnant blood from previous cycles.

What if you no longer have your period due to postpartum or menopause? You may still use yoni steaming as part of your self-care practice. If you are postpartum, not only does Yoni steaming have benefits for healing and repairing the body, but it can also be beneficial for your periods once they do return. Steaming is also beneficial for easing symptoms associated with menopause. You may even choose to steam simply for the energetic benefits, as a practice for connecting with your womb and divine feminine energy, to release emotional or sexual trauma, or to improve overall sexual health.

How to choose Yoni steam herbs? There are hundreds of herbs available for you to choose from. The main qualities of a good yoni steam blend will cover the following areas: cleansing (like oregano or rosemary), blood building (like nettle or dandelion), hydrating (such as red clover or mint), disinfecting (such as lavender or calendula), and digestion supporting (such as chamomile or mugwort). A well-rounded yoni steam should incorporate herbs that have these 5 main healing effects.

For more general womb and menstrual care, here are some common herbs that can be used when curating your Yoni steam, including some of the physical and energetic benefits:

- **Red Rose Petals**: helps soothe cramps, improves digestion, reduces inflammation, soothes stress and anxiety, is high in antioxidants which help promote cellular health and reduce the risks of cancer, calms irritated skin, swelling, and redness, helps maintain pH balance, regulates Qi (life force energy in the body). Energetically, they are a symbol of love, romance, sexual attraction, soothing heartache, enhancing intuition and psychic abilities, encouraging self-love and compassion, increasing a sense of self-worth
- **Chamomile**: reduce contraction, relaxes muscles, treats stomach disorders, promotes digestive health, improves sleep quality, reduces anxiety, boosts mental health, boosts the immune system, and helps fight infections. Energetically, chamomile is energy clearing, enhances the sense of receptivity, clears the mind for inspiration and divine insight, promotes joy and euphoria, provides mental clarity
- **Calendula**: provides hydration which helps improve vaginal dryness, anti-fungal and antimicrobial to prevent infections, reduces the risk of BV, quickly heals wounds, reduces fever, prevents muscles spasms and cramps, aids in digestion, cleanses the lymphatic system which is responsible for maintaining fluid levels in the body and producing healthy blood cells. Energetically said to enhance beauty, associated with the Sun and used to connect with inner beauty and allow it to shine through, enhances self-confidence, attracts safety, fortune, and success
- **Mugwort**: assists with digestion, relieves gas and constipation, improves vitamin and mineral absorption, provides relief to the nervous system, helps balance irregularities in the menstrual cycle especially absent or

delayed periods, be careful as this herb has also been used to terminate early stages of pregnancy. Energetically, it has been used to stimulate lucid and vivid dreams, uplift the spirit, cleanse the environment, encourages the flow of energy especially during times of transition

- **Motherwort**: stimulates the uterus to help it work more efficiently, helps bring on absent periods, reduces period pain, reduces hot flashes, lessens hormonal mood swings, regulates blood pressure, helps fight bacteria, speeds up recovery after childbirth, helps treat postpartum depression, soothes anxiety. Energetically, it enhances psychic abilities and prophetic dreams, helps confront difficult truths, connects with the wise energy of the Crone archetype, assists in the transition from maidenhood to motherhood

- **Valerian**: improves sleep, reduces anxiety, helps treat insomnia, improves overall sleep quality, calms nervousness and restlessness, improves symptoms of OCD and ADHD, lessens the frequency of hot flashes, treats headaches and migraines, suppresses muscle spasms and cramps. Energetically it is used to ward off evil, promote peace, ground one's energy, ease emotional turbulence, enhance inner emotional stability, aid in communication during conflict, and provide mental and emotional clarity

- **Rosemary**: supports the circulatory and nervous system, brings fresh blood to the uterus, improves memory, alleviates muscle pains and spasms, is anti-fungal and antiviral which prevents certain infections, blocks the production of DHT which can cause hair loss (especially beneficial for postpartum care). Energetically, rosemary cleanses the aura, encourages vitality and

strength, increases sense of courage, promotes love and fidelity, increases psychic abilities, attracts positive energy, and wards off negative/evil spirits.

- **Oregano**: antiseptic (prevents the growth of disease-causing microorganisms), antispasmodic (reduces muscle spasms and cramps), expectorant (rids the body of excessive or unusual cervical fluid), maintains gut health and microbiome. Energetically said to attract wealth and prosperity, enhances love and joy, traditionally used in commitment ceremonies to promote longevity, good luck, and happiness, calms the nerves and promotes mental clarity, eases stress, and encourages self-love.

- **Holy Basil**: balances the hormones, improves the function of the urinary system, protects the organs, protects against infection, eases inflammation and pain, reduces adrenal fatigue and dysfunction which can cause body aches, sleep disturbances, digestive issues, nervousness, and tiredness, helps the body to cope with various stressors. Energetically, holy basil supports personal growth, enhances awareness and spiritual enlightenment, helps treat chronic stress, and promotes harmony.

- **Lemon Balm**: calming herb that helps reduce stress and anxiety, promotes sleep and reduces insomnia, improves appetite, eases pain and discomfort, reduces indigestion, and eases symptoms of PMS such as headaches, cramps, bloating, mood swings, and depression. Energetically said to attract love, happiness, emotional healing, releasing emotional baggage, enhancing intuition, and tapping deeper into your feminine energy.

- **Yarrow**: a natural emmenagogue that treats amenorrhea and helps to bring on delayed or absent

periods, reduces heavy bleeding during menstruation, promotes the movement of stagnant blood, eases symptoms of dysmenorrhea (excessively painful periods), can also reduce fever-like symptoms that may accompany one's period. Energetically, yarrow is used for courage, emotional healing, setting healthy boundaries, energetic protection, and inner peace.

- **Lavender:** reduces pain severity, eases headaches and migraines, promotes healthy sleep and reduces insomnia, regulates menstrual bleeding, relaxes the muscles, reduces uterine and back cramps, balances your mood and eases symptoms of PMS. Energetically, lavender is used to enhance intuition, imagination, and concentration, and helps bring emotional balance.

- **Red Raspberry Leaf:** tones and strengthens the uterus, increases blood flow and circulation (great for inconsistent periods), reduces heavy periods, strengthens the uterus to prevent cramps, improves metabolism to encourage weight loss, provides essential vitamins and minerals such as calcium, iron, and magnesium, enhances fertility, prepares the body and uterus for pregnancy and labor (**DO NOT YONI STEAM WHILE PREGNANT**, but this can be taken as a tea). Energetically, it brings good fortune in love and marriage, strengthens the bond between partners, enhances creativity, boosts self-confidence, enhances attraction (not just romantically, but in attracting the things you wish to manifest), and stimulates psychic dreams.

These herbs are also great for overall reproductive health, but especially for treating symptoms of menopause:

- **Chasteberry (Vitex)**: enhances fertility, stabilizes menstrual period, reduces PMS symptoms, promotes a healthy mood, eases breast pain and tenderness, reduces symptoms of menopause such as hot flashes and depression, lessens the occurrence of night sweats, regulates the production of hormones, specifically estrogen and progesterone, which helps the body to maintain balance. Energetically, chaste berry is used to balance one's sexual energy, stop unwanted sexual advances, protect the home and marriage, bring emotional balance and healing, increase psychic receptivity, and assist in spiritual transformation and renewal
- **St. John's Wort**: decreases hot flashes, improves mood, decreases anxiety, irritability, and depressed mood, assists with wound healing, manages nerve pain, treats insomnia, reduces symptoms of ADHD by improving cognition and mental clarity, and eases symptoms of seasonal depression. Energetically used for spiritual protection, cleanses and washes away negativity, great for cord cutting or releasing the energy of past partners.
- **Dong Quai**: relieves cramps, regulates irregular menstrual cycles and infrequent periods, reduces PMS, reduces menopausal symptoms by balancing the hormones, eases migraines, activates and boosts blood circulation, relaxes the bowels and encourages healthier digestion, treats blood deficiency, increases vitality, stamina, and mental focus. Energetically, it provides a sense of strength and fortitude, helps to ward off evil, promotes harmony in the mind-body connection, moves the body and energetic field out of a cold, depleted state .

- **Red Clover**: best for postmenopause (after menopause) rather than perimenopause (around the time menopause begins), helps ease hot flashes and night sweats, for menstrual cycle care it helps prevent blood clots from forming, improves blood flow to prevent blood from drying and becoming stagnant in the womb, prevents vaginal dryness and increases lubrication. Energetically, red clover is a symbol of prosperity, cleansing and purifying the aura, enhancing intuition and mental powers, dispelling negative energies, reconnecting with your inner light and self-confidence, encouraging communication and activation of the throat chakra.
- **Black Cohosh**: helps treat vaginal dryness, reduces fatigue, supports liver function, regulates the nervous system, reduces muscle pains and spasms, regulates body temperature and reduces hot flashes, and supports hormonal balance which can also help with symptoms of PCOS, fibroids, PMS, and PMDD. Energetically associated with transformation, spiritual empowerment, and maturation, severing energetic ties, removing toxic energy and relationships, releasing toxic codependency, gaining courage, building self-esteem, and balancing inner masculine and feminine energies.

7

Yoni Steaming for Postpartum Care

One thing that's not discussed enough is the postpartum period for moms after a baby is born. There are many classes to prepare for pregnancy, labor, and taking care of a newborn, but not much when it comes to how to actually nourish your body and the void that is left physically, mentally, emotionally, and spiritually once the baby finally gets here.

The first 42 days after giving birth are an especially sensitive time, as the body works to replenish its blood supply, restore minerals and nutrients, balance out hormone levels, repair the area where the placenta was once attached, shrink the uterus back down to size, heal the vagina, close the cervix, shift the organs back to their original position, strengthen the pelvic floor, and more. Even though we are commonly taught that the body is healed after six weeks, the truth is that it can take anywhere from six months, to a year (sometimes even more) for a woman's body to return back to normal after a pregnancy.

In Ayurvedic medicine, one of the key elements of postpartum care is to calm the Vata (ether and air elements) within the body. It is said that imbalanced Vata can lead to all types of issues such as insomnia, anxiety, overwhelm, digestive issues, dry skin and mucous membranes, poor circulation, long-term issues with joints, body pains, mental fog, and even Alzheimer's disease.

During this time, it's important to focus on rest while consuming foods that are warm, nourishing, and easy to digest. Other practices such as womb and foot massage, belly binding, drinking tea, and of course, yoni steaming, are also equally important in the postpartum phase.

When choosing the proper herbs, some of the benefits of incorporating pelvic steaming into your postpartum care include:

- Helps lochia to clear out faster
- Reduces risk of infection
- Helps ease postpartum contractions and afterpains
- Assists the uterus in returning to its original size and place
- Prepares for a healthier return of the menstrual cycle when it's time
- Helps close the cervix and the vaginal canal, reducing the risk of uterine prolapse
- Assists with bladder incontinence
- Helps reduce skin swelling
- Assists in healing minor tearing
- Helps shrink/prevent hemorrhoids and difficulty going to the toilet
- Helps reduce constipation
- Disperses water retention, preventing it from turning into excess fat

- Helps release oxytocin which assists with bonding, milk production, and preventing mood disorders
- Improves vaginal dryness
- Assists in maintaining healthy vaginal odor
- Balances body temperature to reduce night sweats and hot flashes
- Prevents pain as a side effect of postpartum sex

This is not an inclusive list of all the benefits that come from Yoni steaming postpartum. On a mental, emotional, spiritual, and overall energetic level, this is also a great way to rest and rejuvenate after giving birth. This practice can be beneficial in helping to regain your energy after hours of labor. This practice also helps mothers to overcome that sense of separation that comes from no longer feeling the presence of their baby within their womb, which after nine months of feeling the movements, flutters, kicks, hiccups, and heartbeat of their baby, can be a strange feeling to adjust to. This is also why a closing of the bones ceremony or even Bengkung belly binding is equally as important for postpartum care because they also help to realign the bones and muscles while shifting the uterus and other pelvic organs back into place. If you are interested in more guidance on complete postpartum care, then be sure to subscribe to my Patreon www.patreon.com/themeditationfamily to download my complete Postpartum Care Guide, and for access to all of my ebooks and information guides that are shared in the library.

In regards to yoni steaming postpartum, here are some guidelines on how to begin after giving birth:

- 1) **Begin steaming 2-4 days after birth.** Once heavy bleeding has stopped or large blood clots have passed, you can begin your steaming practice.

2) Perform them daily. You may receive the most benefits if you continue to steam daily, anywhere from 10 to the entire 40 days after giving birth. Then, you may transition to once a month or create your own steaming self-care routine.

3) Remember, it's never too late. People often ask if it's too late to begin yoni steaming if they're already a year or more postpartum. It is never too late to begin steaming! Bringing balance back to your womb, especially after giving birth, does not have an expiration date on it. Especially because the side effects of giving birth can last for years (prolapse, urinary incontinence, pain while having sex, etc.) and still need to be tended to, whether it's a year later or 10.

Here is a list of common herbs for postpartum steaming, along with their benefits. This list is broken down into the three categories previously mentioned.

Primary Herbs

- **Mugwort**: all-purpose herb, great for reducing perineal pain, healing small tears and fissures, preventing or reducing hemorrhoids, stimulating blood flow and energy, easing cramps and bloating, stimulating the production of bile to prevent constipation, warming the body, easing headaches and nausea, soothing and strengthening the nervous system, relaxing the uterus, improving sleep, reducing high blood pressure, easing anxiety, and preventing insomnia
- **Red Raspberry**: helps tone uterine muscles, assists in healing tears, balances hormone fluctuations, helps reduce postpartum chills and shivering, relieves cramps,

reduces excessive bleeding, shrinks uterus back down to size, and provides immune-boosting nutrients

Supporting Herbs

- **Hibiscus**: helps the body to recycle old fluids, fights bacteria, removes blood clots, relaxes muscles in the uterus and bladder to reduce cramps, helps to prevent uterine prolapse
- **Nettle**: promotes hydration, helps the body produce new blood cells, boosts iron levels, prevents hemorrhoids, fights infection
- **Lavender**: antiseptic and antibacterial, soothes and cleanses, decreases inflammation, promotes sleep and relaxation, decreases anxiety and stress, promotes healthy digestion
- **Yarrow**: Helps prevent hemorrhaging, fights infection, strengthens the uterus, helps repair wounds and tender, bruised, or stitched tissues, assists with urinary incontinence, great for healing c-section scars
- **Dandelion**: antispasmodic, helps relax the uterus and ease postpartum afterpains, helps balance hormones by releasing excess estrogen as well as unnecessary sugars, toxins, and fats, improves digestion
- **Chamomile**: antispasmodic, helps relieve cramps and muscle pains, helps ease anxiety and depression, reduces insomnia, reduces and prevents hemorrhoids

Catalyst Herbs

- **Rosemary**: stimulates circulation, stimulates digestion, helps balance blood pressure levels, helps to warm the body
- **Peppermint**: keeps the body cool and refreshed, helps to maintain a balanced body temperature after birth

reduces the extremes between hot flashes and cold sweats, relieves digestive issues, and reduces inflammation

Overall, Yoni steaming is a great practice to incorporate into your postpartum care regimen. It can help to ease many of the ailments and imbalances as the body works to repair itself after birth. It's also a great way to relax, reconnect with the body, and show the necessary love and attention that mothers need after the baby arrives. It can be a deeply emotionally healing practice as well, for those who find themselves dealing with postpartum anxiety and depression.

8

Pelvic Steaming for Men

As previously mentioned, steaming can also be beneficial for men's health as well, although it may not be as commonly practiced. Not only is it great for hygienic reasons and prostate health, but it can also be used as a tool for enhancing fertility by working to cleanse and detox the body.

The steps for steaming are essentially the same, though you'll want to be careful to protect the genitals and keep them from touching the steaming herbs. In this instance, it would be better to use a Yoni steaming chair so that there is ample space between you and the heated herbs. Sessions should also last no longer than 30 minutes.

Some of the overall benefits of pelvic steaming for men include:

- Increasing healthy circulation
- Detoxing, cleansing, and balancing pH levels
- Shrinking enlarged prostate and improving overall prostate health
- Detoxing the liver and kidneys
- Fighting bacteria and infection
- Preventing the exchange of bacterial vaginosis (BV) between partners
- Soothing pain and pressure from hemorrhoids

- Increasing libido
- Preventing and reversing erectile dysfunction
- Toning the pelvic floor muscles
- Releasing excessive tension in the pelvic floor muscles
- Preventing foul odors
- Releasing overall stress and tension from the body

Here is a list of some common herbs used for creating pelvic steam blends for men. Note, while herbs are not specific to any gender, their medicinal qualities may have gender-specific effects. This means, they can safely be used for both genders, but may impact you in a different way. These specific herbs help to support male reproductive health, but your blends may also include many of the herbs listed in the previous sections. The following herbs are great for using as the Primary Herb for your pelvic steam blends:

- **Uva Ursi**: improves urinary tract health, is a natural diuretic that helps to balance water within the body (and essentially the sacral chakra)
- **Basil**: cleanses and detoxifies the body and rids it of impurities, helps expel stagnant energy, is antibacterial and antimicrobial, helps prevent bacterial infections, is anti-inflammatory to help soothe the skin, great for treatments in between herpes/genital wart outbreaks to reduce their reoccurrence
- **Yarrow**: blood-moving herb that helps to improve circulation, is anti-inflammatory, assists with reducing hemorrhoids, softens tense pelvic floor muscles, eases prostate issues
- **Willowbark**: a natural alternative for Viagra, helps boost libido and stamina, assists in relieving erectile dysfunction, reduces inflammation of the sexual organs

- **Safflower**: helps boost testosterone, enhances sexual desire and performance, assists in lowering blood pressure, and dilates the arteries to improve oxygenation of the tissues
- **Fenugreek**: helps to increase sperm count, improves mental alertness, enhances mood, boosts libido, increases testosterone levels which helps to prevent loss of sex drive and erectile dysfunction, reduces inflammation, helps to reduce the chances of infection
- **Maca Root**: stimulates the hypothalamus in the brain to regulate the pituitary gland that's responsible for the production of hormones in the body, this helps to increase libido, sperm count, and motility (movement) of sperm to aid in fertility, helps balance iron levels, decreases stress and anxiety, enhances mental clarity, supports thyroid function
- **Red Clover**: supports the healthy function of the prostate gland, inhibits the growth of cancer cells, treats skin ailments and rashes, reduces high blood pressure, improves cardiovascular health, prevents the spread of sexually transmitted infections
- Nettle (stinging nettle): treats painful muscles and joints, alleviates urinary problems such as incomplete emptying of the bladder, post-urination dripping, and constant urge to urinate that is caused by an enlarged prostate, prevents the conversion of testosterone into dihydrotestosterone which in turn helps to reduce prostate growth

This, of course, is not a comprehensive list. There are hundreds of herbs that can be used to treat a variety of health and reproductive ailments. I encourage you to expand on your knowledge of herbalism, beyond the

practice of pelvic and Yoni steaming so you may learn how to incorporate them into a balanced and holistic healthcare regimen. As always, be aware of the possible contraindications with medications or health conditions.



About the Author

Ajané, better known as Woman Of the Womb, is a mother, wife, creative, birth worker, author, and speaker who specializes in Womb Wellness, Shadow Work, and Inner Child Healing. Over the last 10 years, through workshops, intuitive readings, natal chart interpretations, and one-on-one spiritual guidance sessions, she works to assist others in discovering and overcoming their blockages to reclaim power over their lives and tap back into their abundance. For unlimited access to all ebooks, classes, workshops, and other offerings, join the private community on [Patreon](#).