

YONI STEAMING GUIDE

*Cultivate radiance
and discover
the magic
of this ancient
steaming practice*

Womben
Wellness





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YONI STEAMING (also called vaginal steaming, V steaming, etc) is fast becoming one of the most popular rituals to encourage healing, connection, and warmth in the womb space. And although you may hear about this practice on your favorite influencer's account, I want to make it clear – yoni steaming isn't some elitist fad.

THIS PRACTICE HAS BEEN AROUND for thousands of years and is utilized throughout many healing traditions and cultures from Latin America, to Africa, Europe, and Asia.

My favorite aspect of vaginal steaming is its accessibility. It's a ritual you can do on your own time, in your own home, with herbs that grow around you.

Have you already tried yoni steaming before? There are thousands of women who want to cheer you on and learn from your wisdom inside our Private Facebook Community.

**IN THIS GUIDE, I'M GOING
TO SHARE WITH YOU:**

- Benefits of Steaming
 - Contraindications for Steaming
 - Favorite positions for Steaming
 - 3 herbs I personally use to Steam
 - Instructions for Steaming
- (aka how the heck do you do it?)*



– BENEFITS OF STEAMING –



First, let it be made clear that I'm choosing to use the Sanskrit word yoni in place of vagina or vulva. Vagina means “sheath” as in a sheath for someone's sword. And similarly, vulva means “wrapping”.

Although I believe it is both empowering and important to know the anatomy of your body, these terms are heteronormative and phallogentric, so instead – I choose consciously to use yoni.

Yoni is a Sanskrit word, known as one of the oldest recorded languages, each unique Sanskrit word is embodied through vibration. Quite literally meaning, if you speak it or hear it, some understanding of it's meaning registers in your being – whether you intellectually understand it or not.

Yoni translates to “sacred passageway” or more literally, “Source”. And in a world where our anatomy is often shamed, abused, and objectified by both ourselves, society, and others – we need all the remembrance of the sacred Source of all life that we can get!

As a postpartum doula, I have seen yoni steaming work **WONDERS** for my postpartum clients on their journey of healing after birth. But that’s not all this ritual is good for. I’ve seen it work wonders in the following situations...

-
- | | |
|--|---|
| • PCOS | • Vaginal lubrication |
| • Painful periods | • Preventing and
eliminating hemorrhoids |
| • Uterine prolapse | • Endometriosis |
| • Bladder prolapse | • Ovarian cysts |
| • Menstrual irregularities
(scanty or heavy flow) | • Uterine fibroids |
| • Pre/Post menopausal
symptoms like vaginal
dryness, discomfort,
pain with intercourse | • Healing scar tissue |
| • Prevention and treatment
of bacterial infections
(yeast infections, bacterial
vaginosis, cervicitis,
trichomoniasis) | • Cervical polyps |
| • Postpartum healing | • Fibroids |
| • Eliminating odor | • Painful periods |
| | • Prolapse |
| | • Miscarriage + Abortion |
| | • Difficulties in conceiving |
| | • Womb trauma |
- AND SO MUCH MORE!**

– CONTRAINDICATIONS –



But remember, yoni steaming isn't right for everyone (no practice is!).

- Have an IUD
- Currently menstruating
- Active herpes infection
- Active yeast infection or UTI
- Under 38 weeks pregnant
- Trying to conceive (if trying to conceive, do not steam after you ovulate)

THE INFORMATION ON THIS DOWNLOAD IS MEANT
FOR EDUCATIONAL PURPOSES ONLY.

The length of steam time, frequency of steaming, and herbs used can vary greatly from person to person depending on their reason for seeking this ritual. We recommend doing more research and/or consulting a vaginal steam practitioner before trying. And if you're a science nerd like me and wonder about the long-range studies on yoni steaming, let me clear something up.

Personally, all I need to trust in the practice is to know that it's a central part of various traditional healing modalities. It's no coincidence that different cultures from around the world, with no ability to speak to each other or communicate (as far as we currently know), all arrived at the conclusion that this specific practice was healing for the ailments I mentioned above.

BUT IF YOU NEED A STUDY, CHECK OUT THE
MOST IN-DEPTH YONI STEAM STUDY RIGHT HERE.



Remember, just because there's no "proven scientific evidence" according to some sources, doesn't mean that steaming doesn't work. Long-term clinical studies and trials are complicated, arduous, and most importantly – EXPENSIVE.

Due to their large expense, they're usually backed by pharmaceutical companies who have an interest in the results. We've reached a day and age where even science is political. Why would a pharmaceutical company that profits off of your prescription(s) back research that could cause loss of business? Short answer: they don't.

– INSTRUCTIONS FOR STEAMING –



Though empirical evidence and clinical experience with thousands of clients myself, I've seen what yoni steaming can do. And that's all I need to believe in this ritual's power. So let me show you how to set one up.

INGREDIENTS NEEDED

Medicinal herbs | 1 large pot with a lid | 2 – 3 cups of fresh, filtered water

Towel, skirt, or cloth to cover and direct the steam | Journal and pen for integration afterwards

DIRECTIONS

- 1) Prepare 3 cups of boiling water in a big pot on the stove.
- 2) Hold herbs to your heart + womb to set an intention for the ritual.
- 3) Place herbs intentionally in the pot + cover for 3-5 minutes, while you meditate + hold one hand on the heart, the other on the womb.
- 4) Place your pot on the ground in your sacred space.
- 5) Cover your front + back with your two towels, so that the steam is funneled directly into your yoni + pelvic zone.
- 6) Remove the lid of the pot and ALWAYS place your hand over the steam first to make sure that it's not too hot.
- 7) Use one of the positions below to hold your yoni over the steam for 5 to 30 minutes (length will vary depending on your intention for steaming) and breathe deeply, feeling your intention radiate throughout your body. Release the medicine back to the earth by taking the pot and depositing the plants outside.



OUT OF RESPECT and reciprocity, never place your used herbs into the trash. – Rather, take them outside – this signifies gratitude to the plants and the spirits that move through them.

Allow 10 – 15 minutes afterward to be alone in sacred space free from electronics to journal and integrate the teachings of the plants.

– POSITIONS FOR STEAMING –



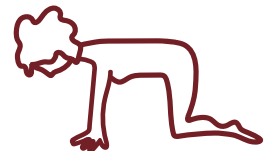
SQUAT

In this position, you place your pot on the ground and squat over it. Make sure that you are either wearing a long skirt or using a few towels to ensure the steam is guided towards your yoni.



TABLETOP

In this position, you are completely supported by the ground beneath you. And for this reason, it's great for those with less stamina such as postpartum mamas or those suffering from fatigue. Ensure your knees are wider than hips distance so you can fit your pot in between. And again ensure you are using either a skirt or towels to guide the steam.



STEAMING STOOL

If you want to feel truly supported while steaming this is the best option. Though buying a steaming stool can be expensive it is a great option for those that can't hold themselves for up to 30 minutes.

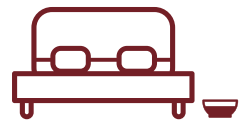
When using a stool you simply place the pot underneath the stool, sit back and relax! We recommend these sustainable stools from the women led brand Kitara for your steaming practice.



USE THE CODE "WOMBENLOVE" TO GET \$20 OFF YOUR ORDER. (THIS IS AN AFFILIATE LINK, WHICH MEANS WE WILL RECEIVE COMPENSATION IF YOU ORDER.)

SITTING ON THE EDGE OF A BED

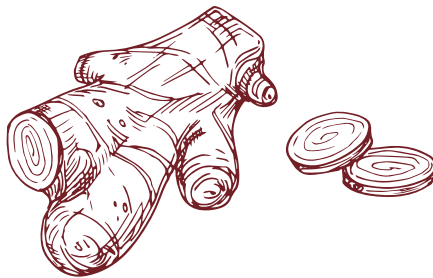
If you would rather sit up and don't have access to a stool, you can try this posture. Sit right on the edge of the bed and place your steaming pot on the floor between your legs while using your hands to support you so you stay upright. Again you'll need to use either a long skirt or towel to ensure the steam is guided towards our yoni and doesn't escape.



– 3 HERBS I USE FOR STEAMING –

GINGER

ZINGIBER OFFICINALE



PHYSICAL BENEFITS

- Increases circulation
- Clears away stagnation
- Reinvigorates the womb after abortion or miscarriage
- Supports in the process of detoxing from hormonal contraceptives.
- Encourages healthy menstrual flow for those who experience amenorrhea (lack of or scanty flow) and dysmenorrhea (heavy, painful periods)

SPIRITUAL & EMOTIONAL SUPPORT

Ginger is a powerful teacher that grounds invigorates, and reconnects us to our roots. Her medicine supports us in using our ancestors as a source of strength and passion. Her teachings remind us to ground into ourselves in times of great turbulence. Use her as a base to any yoni steam to open up the energy of the yoni and carry the medicine of other herbs used in the steam deep into the tissues.

ROSEMARY

SALVIA ROSMARINUS



PHYSICAL BENEFITS

- Increases circulation
- Clears away menstrual stagnation
- Encourages fresh blood flow to reproductive organs
- Encourages healthy menstrual flow for those who experience both amenorrhea (lack of or scanty flow) and dysmenorrhea (heavy, painful periods)

SPIRITUAL & EMOTIONAL SUPPORT

Rosemary is a grounding, centering herb used for cleansing ancestral pain and connecting us with the wisdom of our ancestors. Use her as a base to any yoni steam to open up the energy of the yoni and carry the medicine of other herbs used in the steam deep into the tissues.

ROSE

ROSA



PHYSICAL BENEFITS

- Tonify and lift the tissues of the yoni
- Relaxes the muscles of the pelvic floor
- Support the uterus in the process of contracting and shrinking for those in the postpartum period of healing
- Decreases blood clots and helps move out stagnation and coldness for those who experience brown or black blood at the beginning of menstruation.
- Encourages balance in the flow of menstrual blood while reducing painful menstrual cramps

SPIRITUAL & EMOTIONAL SUPPORT

Rose teaches us to honor our sensual power as inherently sacred and holy. She reminds us that our sensuality and sexual expression is inherently innocent, and supports those healing from sexual trauma, abuse, or oppression.

HAVE YOU TRIED YONI STEAMING BEFORE?

Join our community of thousands of like-minded women who want to talk all things yoni steaming, menstruation, fertility, herbalism, and more inside our Private Facebook Group.

AND TELL US WHICH HERB IS YOUR FAVORITE TO STEAM WITH AND WHY!



Through sharing with each other about our favorite herbs, we learn more tools to support ourselves and those we love in healing.

HI, I'M USHA ANANDI

My life is devoted to revolutionizing the way women connect with their bodies, the Earth, and each other.

I've spent thousands of hours in the jungles of Costa Rica, the mountains of Mexico, and the foothills of the Himalayas apprenticing with master teachers to gather ancient wisdom and translate it for the modern age.

I'm not satisfied with new age 'woo-woo' practices that speak of love and light without encompassing the entire spectrum of humanness and spirituality.

I use my years of experience as a holistic nutritionist, childbirth educator, full-spectrum doula, herbalist, and yoga teacher to offer you a feminine perspective on spirituality that's accessible, grounded, and rooted in science.

All the love, Usha Anandi

