

Yoni Steaming

Tradition + How to tend to your Yoni.

Where Is Yoni Steaming From?

Yoni steaming is a **traditional healing practice** found across many ancient cultures around the world. Its **roots are ancestral** and deeply sacred.

Cultural Origins Include:

- Africa:** In countries like Mozambique and Ghana, postpartum steaming is used to heal and restore the womb, often under the care of elder women.
- Central and South America:** Known as *bajos* or *chay* in Mayan culture, steaming is used by midwives to support fertility, postpartum recovery, and menstrual regulation.
- Asia:** In Korea, *chai-yok* is a practice in traditional medicine to cleanse and invigorate the reproductive system.
- Caribbean:** Herbal steaming is part of women's wellness and spiritual purification practices, often using native plants.
- First Nations & Indigenous cultures:** Some lineages include herbal steaming or sweat lodge practices for womb healing and purification.

What Unites These Practices?

Across traditions, **yni steaming is a rite of care, connection, and cleansing.** Whether used for:

- Menstrual and fertility support
- Postpartum healing
- Emotional release
- Ceremonial preparation
- Spiritual purification

Yoni Steaming has always been **a sacred pause**, a return to the feminine centre and an honouring of the womb as a source of life, power, and intuition.

We steam with herbs to cleanse, nourish, awaken & remember. It's medicine not just for the body, but for the soul.

How to Steam: A Step-by-Step Guide

A sacred ritual to nourish, cleanse, and reconnect with your womb and root.

You Will Need:

- A large heat-safe bowl (ceramic, glass, or stainless steel)
- A pot to boil water
- A towel or blanket
- 1–2 tablespoons of dried steam blend
- A quiet, warm space where you won't be disturbed
- A chair with a slatted seat, a yoni steam stool, or just a way to squat/sit over the bowl safely

You can also use a toilet seat and put a towel to hold bowl, in between seat and toilet. Mind this technique is hard to keep the steam warm. The ceramic is normally cold!)

Step-by-Step Instructions:

1. Set the Space

- Light a candle, play soft music, or say a prayer if it feels aligned.
- Make this a **sacred moment**

2. Prepare the Herbal Steam

- Boil about **4–6 cups of purified water**.
 - Turn off heat and add **1–2 tbsp of your herbal blend**.
 - Cover the pot and let the herbs steep for **5–10 minutes**.
- (This allows the herbs to release their medicine gently into the steam.)

3. Pour Into a Bowl

- Carefully pour the hot herbal water into your steam-safe bowl.
- Let it cool for **1–2 minutes**, it should be steaming, but **not burning**. Always test with your wrist first.

4. Position Yourself

- Place the bowl under a steam stool or inside a clean toilet bowl (if you don't have a stool).
- Sit, squat, or kneel over the steam **without touching the water**.
- Wrap a **towel or blanket** around your waist and legs to keep the steam contained and your body warm.

5. Breathe and Receive

- Steam for **15–30 minutes**, or however long feels good.
- Take deep breaths, hum or chant, journal, or place your hands on your womb.
- Stay warm, stay connected.

6. Aftercare

- Drink warm water or herbal tea.
- Rest if possible, don't rush back into your day.
- Avoid sex, cold water, or heavy activity for a few hours afterward.

Important Notes:

- Do not steam** if you are pregnant, have an active infection, open wounds, or are currently bleeding.
- Use caution if you have an IUD or are very sensitive to heat.
- Always test the steam temperature before sitting to avoid burns.

Why Do We Steam with Herbs?

Steaming with herbs, especially from the root, also called **yoni steaming**, **pelvic steaming**, or **womb steaming**, is an ancient, cross-cultural practice used to care for the body, spirit, and feminine centre. It offers a sacred pause... a return to self.

Here's why we do it:

1. To Gently Support the Body's Natural Healing

Steam carries the medicinal properties of herbs deep into the tissues, gently cleansing the womb, vagina, and entire pelvic region. It helps:

- Clear out old blood and mucus after menstruation or childbirth
- Ease menstrual pain and cramping
- Support tissue healing after trauma or birth
- Improve circulation and hormonal balance

2. To Hydrate, Nourish & Restore Vitality

Many people are dried out, physically and energetically. Steaming brings warmth and moisture to this sensitive area, allowing herbs to:

- Rehydrate dry tissues
- Deliver nutrients (like calcium, iron, magnesium) directly to the womb
- Revive energy and libido that may feel dormant or depleted

3. To Release What's No Longer Needed

Herbs like sage, rosemary, and mugwort help to:

- Cleanse stagnant energy
- Clear emotional residue from past relationships or traumas
- Support energetic release during life transitions (postpartum, after miscarriage or abortion, breakup, grief)

4. To Reconnect with the Womb and Feminine Essence

Steaming is not just physical, it's spiritual. It invites you to:

- Reclaim sacred connection to your womb space
- Awaken sensuality, creativity, and body wisdom
- Feel grounded, present, and safe in your root
- Restore self-trust and body sovereignty

5. To Prepare for Ceremony, Birth, or Creative Cycles

Many women and womb carriers steam to:

- Prepare the body before ceremony, full/new moon rituals, or conception
- Support clarity and purification before or after major events
- Honour transitions with intention and presence

When to Use Yoni Steams

- After menstruation or miscarriage
- Before or after ceremonies
- In times of transition, grief, or rebirth
- When reclaiming body sovereignty and sensual connection
- Postpartum (after bleeding has stopped)
- Before conception or womb healing work