



Sacred
Soul Sisters

YONI STEAMING GUIDE



By Taleta Maree D

About

Yoni Steaming also known as vaginal steaming is an ancient practice of hydrotherapy that originated from indigenous cultures all around the world. It is utilised by women for cleansing, healing & maintaining overall balance for optimum womb health.

This simple practice involves sitting over a steaming bowl of herbs and allowing the warmth, steam and medicinal properties of the herbs to travel up the vaginal canal to be absorbed by the tissue into the bloodstream.

This aids in circulation, toning and strengthening of the uterus that results in a myriad of health benefits for women.

Yoni steaming is a holistic practice as it uses all the 4 elements (Air, Earth, Water & Fire) and positively effects & incorporates our 4 bodies (Mental, Physical, Emotional & Spiritual).

Benefits of Steaming

The benefits experienced and recorded by women are truly incredible. A natural healing modality that allows us to reclaim our health by implementing this practice of steaming paired with the potent healing properties of herbs.

Some Benefits Include :

- Heal scar tissue.
- Removes toxins from the body.
- Helps to rid cysts and fibroid growth.
- Supports fertility.
- Able to regulate inconsistent or absent menstrual cycle.
- Support with menstrual cramps & fatigue.
- Relieves bacterial vaginosis & Yeast infections.
- Aids in fast recovery and healing postpartum.
- Maintains a healthy odor & PH balance.
- Helps to heal hemorrhoids.
- Reconnects you with your womb helping to heal emotional trauma & connect you with personal power.
- Significantly assists with vaginal dryness.
- Miscarriage support.
- Aids In healing endometriosis.

Setting Up Your Space

I suggest treating your yoni steam practice like a sacred self care ceremony and getting as boujee with it as you feel!

I like to light some candles & incents, make a cup of tea (hydration is important) put something soft down where my knees will be, get out my journal, play some meditation or relaxing music and really allow myself to drop deep into my body.

If you prefer privacy make sure you have time where you wont be interrupted.

(As a busy homeschooling mama there will be times where im steaming in my room and my kids & family will be running around- you do what you gotta do! I dont always get privacy but I do love the idea of exposing these practices to our tamariki at a young age so it becomes normalised for them as they grow older.)

As you are setting up your sacred space for your yoni steam remember to set your intention. What are you wanting to receive, heal or gain clarity on? This is a really powerful and vital step so be sure to set a conscious intention for your practice.

Preparing Your Herbs

Herbs are truly a gift from Papatuanuku that are made specifically for healing & supporting our physical bodies.

When preparing your herbs set your intention & give thanks to these amazing plants that will bring balance & healing to your precious womb.

Bring a pot of water to the boil with the lid on. Once the water is at boiling point add a handful of herbs (roughly 3 tablespoons) to your pot and turn the heat off. Keep the lid on and allow the herbs to steep in the water for 10 minutes.

Once steeped, transfer your pot of herbs into a bowl of your choice for steaming. You want to use a bowl that is made of natural material e.g earthware, ceramics, stainless steel. Do not use anything plastic.

If you use a bigger size bowl I suggest folding & wrapping a towel around the top to prevent your skin from touching the hot bowl.

Whilst Steaming

Once your bowl of herbs is ready, place it on the ground in your prepared space. Position yourself over the bowl with your knees wide open. You want the bowl directly under your vagina so the steam is directed up the vaginal canal. Be sure to wear a long skirt, sarong, or towel to wrap around the bottom half of your body to trap the steam in.

You may like to do a child's pose over the bowl or squat. It may take a few positions before you find your sweet spot and feel comfortable. It's also totally fine to move around while you steam experimenting with different positions.

Another option is to invest in a steaming sauna that allows you to sit in a seated position. This can create a more comfortable luxurious experience for those wanting it or needing that support. (Reach out if you would like to purchase one of our steam saunas- ethically & sustainably made from stunning native Aotearoa wood, no chemicals used. The best quality & standard you will find in NZ. They are absolutely stunning to!)

Once you have found a comfortable position over your bowl I invite you to breathe deeply, start to relax your body, and let go.

Finishing up

Once you have finished your steam (You can steam up for up to 30 minutes each session) I like to take some time to journal. This helps me self reflect, tune into my feelings, and process anything that may have come up during my steam.

To discard the bowl of herbs I like to return it back to Papatuanuku. I find a spot in my garden knowing that this water and herbs will nourish my plants. As I pour my bowl I give thanks & release all that no longer serves me.

The best time to steam is once a week and/or for 3 consecutive days before your bleed & also for 3 consecutive days after your bleed. This promotes a healthy menstrual cycle & cleanses any residue build-up in the uterus.

Do not steam if you are pregnant or are menstruating.

If you are experiencing any imbalances or blocked energy in your womb I offer consultations for personalized steaming plans & herbal blends. I also work on an emotional & spiritual level offering 1:1 womb healing sessions as a part of my Sacred Feminine Mentoring. Please reach out if you are wanting deeper support from me. I love supporting women in this way!

May each of you discover & connect deeply with the wisdom of your womb. She is always guiding you.

Happy steaming sisters!

Alofa atu,
Taleta