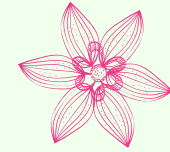


What is yoni (vaginal) steaming?

Yoni steaming is an ancestral practice that uses gentle herbs to hydrate, tone, nourish and help a woman connect to her womb. This connection is vital to her creativity and confidence as a woman.



For My Sisters

Yoni (vaginal) steaming

Who should yoni steam?

If you have irregular or painful periods, infertility, hemorrhoids, perineal tear, bladder and yeast infection, fibroids, vagina or ovarian cyst, scarring from C-section, after being cleared by physician; at least 6-weeks post-partum, and hysterectomies.

Yoni steaming is also recommended for women who want to connect with themselves on a spiritual level, after experiencing traumas such as verbal, physical, mental, psychological, environmental, childhood abuse, miscarriage, loss of a child, loss of a spouse, going through a break up or for manifestation and creativity.

Even if you haven't/ or are not experiencing any of these mentioned above, yoni steaming is a relaxing way to treat yourself.

Visit our website for other yoni steam blends and womb care products.

Find Us Here

www.formysisters.org

E-mail: arielle.formysisters.org



a how to guide ...

what will you need:

- ❖ perineum basin or glass yoni steam bowl
- ❖ Medium size heat safe pot.
- ❖ 1/3 cup of For My Sisters Yoni steam blend.
- ❖ 16.9 oz of Distilled or Spring water
- ❖ Yoni steam gown or blanket, socks, towel, and hair bonnet for comfort.



When NOT to steam:

- ❖ While pregnant.
- ❖ While menstruating.
- ❖ If trying to conceive.
- ❖ With active infection, open sores or blisters.
- ❖ Immediately after C-section or pelvic surgery.
- ❖ With IUD or another contraceptive device in place.

Yoni Steaming Instructions:

❖ Step 1

Bring 16.9 oz of water to boil in medium pot

❖ Step 2

Add 1/3 cup of yoni steam herbal blend to boiling water. Lower temperature to a simmer.

❖ Step 3

Cover pot and let herbs steep for 10 mins.

❖ Step 4

A_pcdsjjw pc k mtc jgb _l b nmsp fcp`q gl rm ncp gl cs k ` _qgl mp ej_qq wml g qrc_ k ` mu j

❖ Step 5

A_pcdsjjw r_ i c wml g qrc_ k ` \_qgl rm ` _rfpmm k* pcqr ncp gl cs k ` _qgl ml rm g jcr rm f_ tc wmsp wml g qrc_ k cvncpgclac,

Ù&rfgq nmqgrgm l gq lmr pcam k k cl bcb dmp nmqrn_prs k kmrfcpq'

?bb k_r* ngjjmuq cra,,, qos_r gl _ q_apcb am k dmp r_`jc qn\_ac ml rfc djmmp, Nm qgrgm l wmspqcd gl bmu l u\_pb d\_ag le dpme wme\_ nmqc ugrf `mu j gl `crucc l jceq rm cvncpgclac wmsp wml g qrc\_ k ,&np\_argac rfgq nmqgrgm l pcesj\_pjw rm e\_g l djcv\_ `gjgrw', -

Ù Qrcn 4

@cdmpc qgrrgl e _jjmu qrc_ k rm ammj* rcqr rc k ncp_rspc `w qjmu jw u\_tgle wmsp dmpc\_p k \_`mtc qrc_ k,

Caution: Please do not sit gd qrc_ k gq rmm fmr, yml g qrc_ k rc k nerature qfmsjb dccj jgic _ u_pm facial.

❖ Step 7

Undress completely from the waist down. Slowly sit on perineum basin

❖ Step 8

Breathe, relax, journal, recite positive affirmations or listen to music.

Yoni steamin is an act of self love and care.

Sit for 25-30 mins or until steam is cool. Steam once a month

Recommendations:

To get the best results from yoni steaming incorporate more leafy green vegetables, fruits and water in your diet. Enjoy a relaxing bath or shower before steaming. Prepare yoni steam with a clear mind pure heart and intentions.