



FAQ

What is a *Bain Fey*: Is Haitian tradition a bain is an herbal steam bath prepared for postpartum women. The practice involves sitting over a pot of steaming water infused with medicinal herbs to promote healing, detoxification and restoration of the reproductive system after childbirth, miscarriage or abortion. The term bain is synonymous to yoni steaming in the cultural context.

When is a Bain Fey performed:

- The first bath is taken at 6 weeks postpartum, using boiled herbs. It is believed to relax muscles and promote healing.
- The second bath occurs after the three-days.
- The third bath is a cold bath taken around the one-month mark to tighten muscles and bones loosened during delivery.
- A herbal tea made from the same blend is often consumed during the three baths to support internal healing.
- The ritual is traditionally performed with support from family, especially the mother or grandmother, and is considered a sacred time for rest and recovery.

What does Yoni mean? *Yoni has been interpreted to mean the womb, and the female organs; including the woman's sex organs such as the vagina, vulva, and uterus.*

What is a Yoni steam? *Yoni steaming is a holistic practice in which a woman allows the warmth of herbal steam to gently permeate her yoni. This practice has been around for centuries. This gentle treatment provides effective support for the female reproductive system and allows for women to connect with herself spiritual and awake her creativity.*

For My Sisters services: We provide in person Bain Fey and Yoni steam services. Bain Fey is done in your bath tub and is primarily for after child birth, miscarriage or abortion. You must be 6 weeks postpartum and cleared by a physician. Yoni Steaming is for those who are 13 years or older and is done on a yoni steam seat or stool. You must fill out the Bain (yoni steam) intake form located in free resources and email to Arielle@formysisters.org and be cleared before scheduling an appointment as there are many contraindications. If you are a good candidate someone will reach out to you from the email address above as to how you must proceed.

Who should be Yoni steaming?

- *If you have irregular or painful periods, infertility, hemorrhoids, perineal, bladder and yeast infection, fibroids, vagina or ovarian cyst, scarring from C-section, at least 2 -weeks post-partum, laparoscopies, and hysterectomies.*
- *Yoni steaming is also recommended for women who want to connect with themselves on a spiritual level, to heal from traumas such as verbal, physical, mental, psychological, Environmental or 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 yoni steaming is a relaxing way to treat yourself*

Who should NOT be Yoni steaming?

- *Women who are pregnant, or think there is a possibility they maybe pregnant. Women trying to conceive. Doing so may endanger the pregnancy, the herbs used in yoni steam blends can cause the uterus to contract.*
- *Women who have an IUD birth control. The IUD may dislodge or shift causing life threatening issues.*
- *Women who are on their menstrual cycle or if open cuts, sores, or blisters are present. This may result in higher risks of infection.*

How often should I Yoni Steam?

- *2- 3 times a month is ideal for this self- care practice. Remember always to steam before or after your menstrual cycle NEVER during.*
- *For physical ailments such as fibroids, yeast infection, or bacterial Vaginosis it is recommend to steam at least 3 times per week for up to 2 weeks.*
- *For premenstrual symptoms, it is recommended to steam at least 2-3 times the week before their menstrual cycle.*
- *For postpartum care, it is recommended to steam once bleeding has stopped. After 6 weeks or after being cleared by a physician.*
- *For manifestation, creativity and releasing it is recommended to steam once a week for 3 weeks making sure to steam only on the weeks you are NOT menstruating.*
- ***Eat MORE leafy greens and increase water intake to gain the full benefits of steaming.***

What herbs are typically used during a Yoni steam?

- *Wormwood- used to regulate a woman's menstrual cycle, and hormones. This herb is also considered to be antimicrobial and a sedative to detoxify the uterus.*
- *Dandelion root- Highly effective for menstrual bloating, PMS and breast tenderness associated with water retention.*
- *Oregano- Eases menstrual cramps, has antimicrobial, and anti-inflammatory properties.*
- *Marshmallow root- Fights first sign or urinary tract infections to help speed healing.*
- *Chamomile- Comforting, mildly relaxing and helps with upset stomach due to emotional stress.*
- *Lavender- Eases anxiety, also has antimicrobial properties.*

- *Lemon balm- An uplifting herb*
- *Calendula flower- Prevents muscle spasms, menstrual cramps, cancer, stomach and duodenal ulcers.*
- *Rose petals- Relaxing and uplifting.*

What herbs are typically used during a *Bain Fey*

- *Mango leaves*
- *Papaya leaves*
- *Soursop leaves*
- *Mint leaves*
- *Sour orange leave*
- *Castor bean leaves*
- *Avacado leaves*
- *Moringa leaves*

I am experiencing cramping after Yoni steaming, why could this be?

The herbs are powerful enough to help your uterus lining shed. Often times there is a great deal of old material that is encrusted along your uterus lining, the steam from the herbs help release all of that old material and you may experience bleeding, cramping or your menstrual cycle arriving a little earlier than expected. That is a good thing! We want all of this old material to leave the body, this will help your future menstrual cycles to become shorter and lighter. Eat MORE leafy greens and drink plenty of water to help rid your body of these old materials.

When is the best time of the month to Yoni steam?

Before or after your menstrual cycle.

How long after birth should I wait to steam?

It is recommended that you wait till bleeding has stopped before steaming.

I have uterine fibroid. How can Yoni steaming help me?

The herbs may help to shed the excess tissue or cells.

Does steaming increase sex drive?

Yes, on the physical level steaming increases circulation and increases lubrication, which is clearly great for the libido and sex life as well.

I have bacterial vaginosis, how can steaming help me?

The Gaia Hold My Hand Trauma blend has herbs such as mugwort, basil, marshmallow root, and wormwood that are antimicrobial. These herbs kill the microbes that cause it. Email arielle@formysisters.org to request kit

How can I connect with myself during a Yoni steam?

It is highly recommended that during your yoni steam you disconnect from electronic devices.

As you are steaming write down whatever comes to mind.

Do not suppress your emotions, whatever you are feeling at the current moment acknowledge the feeling, sit in the moment however long you feel you need to and then take a deep breath in through your nose and out of your mouth and then release.

Give yourself a hug, speak positive affirmations to yourself, practice kegels, be in the present moment.

Who is Gaia?

Gaia is Mother Earth. Mother Earth has all the herbs we need to help us heal whatever we are going through whether it be on a physical or spiritual level to help us connect with self.

How do I release trauma during a Yoni steam?

Acknowledge the trauma, it's okay to go through the emotions as you are steaming, revisit the trauma in your mind. Suppression = Dis-ease. Dis-ease leads to chronic issues, ailments and even cancer. Release, forgive yourself, love yourself. Recite positive affirmations daily, exercise regularly, eat MORE seeded fruit and vegetable.

What is a Spirit Baby?

A spirit baby is a spirit of a baby that has not yet been conceived, miscarried or terminated.

How do I connect with my spirit baby during a yoni steam? *It is recommended to prepare your body physically, spiritually and mentally before connecting with your spirit baby. When you are at your best you are able to receive information clearly if and only if the spirit baby wants to communicate with you.*