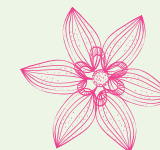


What is Bain Fèy /Yoni (Vaginal) Steaming?
An ancestral practice that uses herbs to hydrate, tone, nourish and connects a womban to her womb space. This connection is vital to her creativity and confidence as a womban.



ForMySisters llc

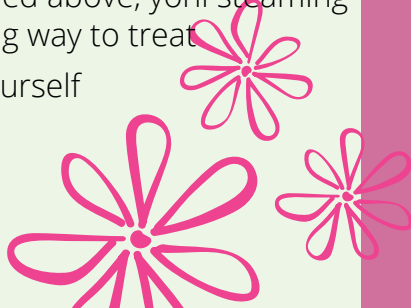
Yoni (vaginal) steam blend

Who should yoni steam?

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 6 -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 mentioned above, yoni steaming is a relaxing way to treat yourself



Contact us:

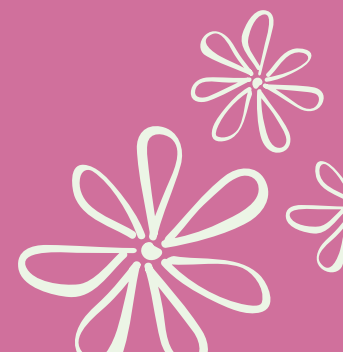
www.formysisters.org

Email: arielle@formysisters.org



a how to guide ...

Check out other resources under our free resources section.



Yoni Steaming Instructions:

what will you need:

Heat safe bowl or yoni basin

Medium size heat safe pot.

1/3 cup of For My Sisters Yoni steam blend.

16 oz of Distilled or Spring water, Yoni steam gown or blanket, socks, towel, and hair bonnet.



When NOT to steam

While pregnant.

While on your period.

After possible conception, 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.

Step 1

Bring 32 oz of water to boil in a 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

Carefully remove lid and pour herbs into yoni bowl/basin

Step 5

Option 1: Take yoni steam basin to bathroom, Raise toilet seat up and place on toilet. Lower toilet seat.

Option 2: create a sacred space on floor add mat, pillows etc... **position yourself in downward facing yoga frog position** with bowl in between legs to steam
(practice this position regularly for better form)

Step 6

Allow steam to cool, test temperature by slowly waving your forearm above steam. DO NOT SIT if steam is too hot. Yoni steam temp should feel like a warm facial.

Step 7

Undress completely from the waist down. Slowly sit on toilet seat.

Step 8

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

This is YOUR time and only YOUR time. Sit for 25-30 mins or until steam is cool. Steam once a month before or after your period.

Recommendations:

To get the best results 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.