



*Yoni Steaming for
Feminine Empowerment*

Connect to Your Body as a Portal to the Divine

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Health & Legal Disclaimer

The contents of Yoni Steam Guide for Feminine Empowerment is for informational purposes only. This guide is not a substitute for professional medical advice, diagnosis, and/or treatment. The material presented is solely with the intent of providing public service information on health, health services, and health related issues. Always seek the advice of your physician or other qualified healthcare provider prior to starting any new treatment or with any questions you have regarding a medical condition, and before undertaking any diet, dietary supplement, exercise, or other health program. The author is not responsible for the use or misuse of the information contained within, the information contained in the guide is for informational and entertainment purposes only and is not intended as professional advice or a recommendation to act.



Overview of guide...

This guide provides you with an explanation of Yoni steaming, exploring:

- Why it is important to honor your Yoni;
- How a Yoni steam works;
- Benefits of a regular steaming practice;
- Safety considerations & contraindications;
- Recommendations for steaming at home;
- Potential side-effects; and
- How to create your very own Yoni Steam Ritual!

DON'T FORGET TO SCHEDULE YOUR
CONSULTATION WITH GRACE!

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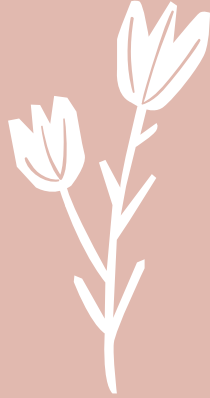


01 *Why it is important to honor your Yoni:*

The Sacred Somatic Healer uses the word "yoni," which means "sacred space" in Sanskrit, to show reverence for the entire female reproductive system. Using the word "yoni" to refer to your sacral system acknowledges the womb as a sacred temple to cherish and honor. By tending to your Yoni with steaming, ritual, and ceremony, you connect with your feminine essence, promote your womb health, and cultivate presence.

In a culture where you are often not encouraged to talk about your body and your sexuality, or are inundated with ideal images of the feminine form, honoring your Yoni creates the opportunity to unify and reconnect with your sacred feminine. Consciously connecting to your Yoni through embodiment practices, ritual, ceremony, and presence, you increase your awareness of the physical relationship to your Yoni as the portal to the divine. Engaging in embodiment practices that honor and care for every part of you allows you a way to reclaim and embody your sacred feminine essence.

Our hope is that by reawakening your reverence for your body with Sacred Somatic Healing, you rediscover and redefine what it means to be the sacred feminine fully embodied and at home in your Yoni.



The womb is sacred.

"The womb is the birthplace of all humanity. Every single person started & brought into this planet through a womb."

- Keli Garza





02 What is a steam & how does it work?

A Yoni steam is an ancient practice that honors your Yoni as a sacred temple, clears toxins and congestion from your womb, and offers relaxation and mindfulness with ritual and ceremony.

This practice utilizes steam from warm water to permeate the exterior of the vagina, open the uterus and cervix, and support the natural cleanse of the uterus. Yoni steaming is practiced by exposing your pelvic region to steam by sitting, kneeling, or squatting over a steam-safe pot. Typically during steaming, you would use something to support you sitting safely over the steam - either a steam seat or yoni box, chair, stool, or yoga blocks - and a cloak, towel, robe or gown to use as a shield to keep the steam directed to your pelvic region. Note that steaming is an effective practice without using herbs; however, different herbal remedies can be utilized to improve the conditions of your Yoni health and support specific desired outcomes.

Yoni steaming provides you with a gentle way to promote balance within the female reproductive system. Yoni steaming supports the natural self-cleaning and self-regulation of the uterus and vagina, promoting optimal system function. The practice also invites you to tune in and deeply listen to your Yoni, observing and aligning to your natural rhythms and cycles. There are physical, mental, emotional, energetic, and spiritual benefits to steaming.

Similar to how facials...

...use steam to open pores to clear acne and detox the skin and the heat increase blood circulation to improve skin health, yoni steaming detoxifies the reproductive glands, uterus, and vaginal walls and increases blood circulation in the womb. Increased blood circulation leads to an overall healthier system as blood is responsible for bringing nutrients and removes waste from the body. This improves the overall health of the uterus and reproductive system.

Beyond the physical detox, practitioners mention experiencing energetic and emotional release during steaming sessions. When connecting with your womb from a place of deep reverence with practices like steaming, you cultivate presence and open up the communication channel between you and your body. Steaming reawakens your devotion to your body as a sacred temple and portal to the divine, reminding you to deeply listen to your inner wisdom and connect to your sacral energy.





03 Understand the Benefits of Steaming Regularly

Before the first steam session, consider the benefits of this practice outlined below.

1. Read through the benefits I have shared and feel empowered to do some personal research.
2. Pause and become present to your Yoni by dropping your attention to the womb space for 5 minutes. Consider using this meditation to tap into your Yoni energy.
3. Then, take a moment to write down your “why” for doing the practice and journal for about 5 minutes on the following questions:
 - a. Do I have any fears and concerns about steaming? If so, how can I best address those fears (hint-hint, feel free to contact Grace) ?
 - b. How do the benefits mentioned apply to me? How do I think steaming would serve me and my unique Yoni?
 - c. Draft an intention around the steaming. This can be whatever you want it to be like. If you need some help to get started, below are a few phrases you can use:
 - i. I set the intention for this Yoni Steaming to support....
 - ii. I intend that Yoni Steaming will help me with...
 - iii. I am empowered to Yoni Steam with the purpose to...

Share your "Why" for
Yoni Steaming....

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03 Benefits for those who menstruate...

For menstruating people, regular Yoni Steaming fosters an optimal menstrual cycle. Regular Yoni Steaming

- Promotes a healthy reproductive system, increasing fertility;
- Decreases PMS symptoms by reducing pain, bloating, and exhaustion associated with menstruating;
- Decreases overall menstrual flow with the assistance of shedding old menses and supporting the natural cycle of uterine cleansing; and
- Supports those with irregular or absent menstrual cycles as well as those with shorter cycles.

A balanced menstrual cycle occurs when the womb is rested, nourished, and experiencing regular, consistent, and complete monthly cleanse. With the appropriate herbal remedy and steam schedule, duration, and set-up, steaming can support healthy length, frequency, and quality of your period, supporting a strong, healthy uterine and menstruation cycle.

***See page #26 for details on recommended steam schedule.

Benefits for those who no longer menstruate...

If you no longer menstruate and/or are menopausal or post-menopausal, Yoni Steaming can:

- Alleviate dryness by adding moisture to the Yoni;
- Release excess heat from the body by utilizing cooling herbs; and
- Connect you with the womb space by honoring your body as a portal and temple to the divine (recognizing your value beyond reproductive capabilities!).

When you choose to honor your body - specifically to the womb space - you are allowing yourself to witness and honor your own divinity and capacity to create. Allowing yourself to activate sacral awareness is empowering to your sense of self and to your intuitive nature.

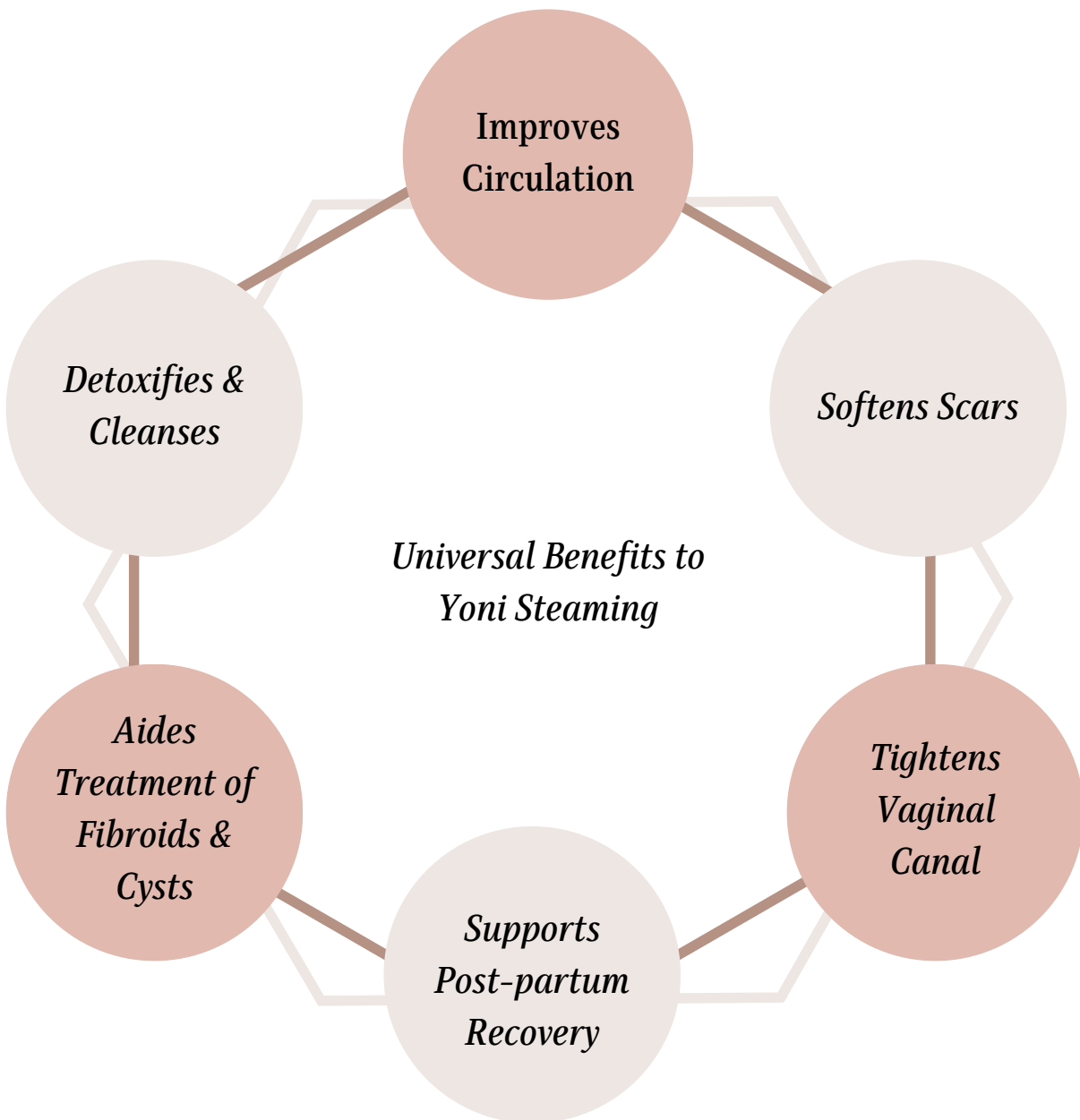
***See page #26 for details on recommended steam schedule.



Heals the Womb

There are many benefits to a regular and consistent steam practice.

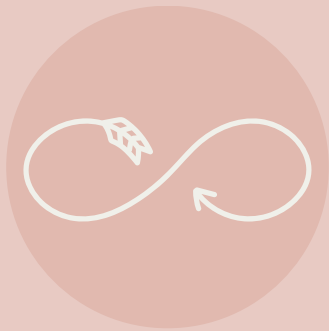
Consider which benefits you would like to receive with your steaming practice.





Ignites sexual aliveness!

- Increases circulation to the labia, clitoris;
- Steam moistens the sensitive tissues & increases lubrication, which helps increase libido; and
- Reawakens you to the connection to Yoni & feels pleasurable to heat up the Yoni with steam.



Promotes emotional balance.

- Devoting time to well-being supports connection to self;
- Going inward to release stuck materials enables powerful release of stored emotions and stress as well; and
- Cultivates a sacred sense of self-love & empowerment.



Beautifies skin...

- Supports the prevention and treatment of in-grown hairs;
- Tightens & lifts the vaginal canal; and
- Detoxifies for a healthy, vital looking Yoni!

Connects you to the energetics of the womb.

- Yoni steaming is an opportunity to connect deeply with, celebrate and cherish all aspects of our bodies and their subtle energies, especially that of our yonis.
- As we learn to enjoy our wombs as the beautiful, sacred centers that they are, we deepen our relationship to the powerful feminine energy that each of us holds within.
- Using yoni steaming as the entry point, many women have learned to channel the potent energy of their wombs to unlock creative potential that serves their true self and life purpose.





04 Is it safe for me to steam?

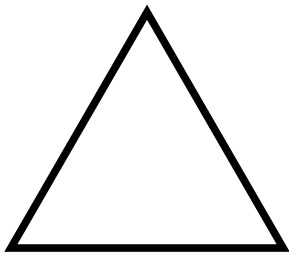
Please complete the consultation form in advance to ensure Grace can advise you on whether it is safe for you to steam at this time. In this section, you will find explanations of four types of contraindications and sensitivities that present times when it is not safe to steam.

If apply to you, may mean it is not safe for you to steam, or safe for you to steam right now.

The contraindication categories are:

- **Pregnancy:** While steaming supports a healthy reproductive system and promotes fertility, pregnancy is a contraindication for steaming.
- **Uterine Bleeding:** You are contraindicated when you have fresh menses, spotting, experience 2 periods a month or spontaneous bleeding.
- **Medical Interventions:** Yoni steaming can support in removing scar tissue and build up caused by procedures; however, there are specific medical interventions that make it unsafe for you to steam.
- **Excess Heat Sensitivity:** While you can steam when you have an active infection, it is up to you to determine if you want to steam or not.

*****If any of the above are concerning, please always consult your physician before beginning any program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription.*



CRITICAL SAFETY CONSIDERATIONS

REMEMBER IF YOU ARE ACTIVELY BLEEDING (whether it is spotting, spontaneous bleeding, or fresh menses) YOU ARE CONTRAINDICATED FROM STEAMING! This is critical because you could disrupt your natural cycle or cause excess bleeding if you steam while the uterine arteries are open.

Pregnancy

- *It is not safe to steam when you are pregnant. Steam may open the cervix and cause pregnancy loss.*
- *When trying to conceive, it is not safe to steam after ovulation, insemination, or IUI/IVF transfer until menstruation or a doctor confirms you are not pregnant. Steaming during this time may result in the loss of insemination.*

Medical Interventions

- *Steaming may cause certain birth controls to be ineffective.*
- *This includes the interventions that prevent pregnancy by thickening the uterine lining. For example, steaming with the patch/arm implant reduces uterine lining to a healthy level and could make birth control ineffective.*
- *It is not safe to use if you have undergone Endometrial Ablation, Tubal Cauterization, and Essure because steam will clear out scar tissue and could interfere with the intention of these procedures.*
- *It is not safe to steam until after 6-weeks with any surgical procedure. Consult a doctor to know when your incisions are healed and can begin steaming again.*

Uterine Bleeding

- *It is not safe to steam when you are actively bleeding (menstruation or spontaneous spotting and bleeding) because steam increases blood flow and opens up the uterine arteries. Steaming while bleeding would increase bleeding and potentially could disrupt the regularity of your cycle.*
- *If you are at the end of your period when there are no longer fresh menses (i.e. brownish, old menses), it may be safe to steam. Consult Grace to determine if this contraindication applies to you.*

Excess Heat Sensitivity

- *I do not recommend steaming if you have a “burning itch.” Burning itch indicates that you have excess heat in your body. By adding steam (aka heat) to your system, it could make you more uncomfortable. Similar to going to a sauna when you have a sunburn, it might be uncomfortable.*
- *If it is extremely hot weather, it is also not advised to steam. Yoni steaming adds heat to the body, so it could result in increased hot flashes or excessive heat in the body.*

**This is not an exhaustive list of contraindications. Please consult a trusted practitioner to discuss your Yoni and identify whether steaming is right for you at this time.*

When is the period considered "finished?"

The period is considered finished when there is no longer fresh menses (bright red blood). Brown blood is considered "old menses," and indicates that you are not actively bleeding. Old menses indicates that the uterine arteries are no longer open, and your body is simply ridding the old menses that have not made it out of the uterus yet. This makes it an okay time to steam.

If you have specific concerns, needs, or goals with steaming, then a tailored plan by a steaming facilitator is recommended. Working with a facilitator, you can tailor plans to address your unique Yoni needs.

REMEMBER IF YOU ARE ACTIVELY BLEEDING (whether it is spotting, spontaneous bleeding, or fresh menses) YOU ARE CONTRAINDICATED FROM STEAMING - NO MATTER WHAT SCHEDULE YOU ARE ON! This is critical because you could disrupt your natural cycle or cause excess bleeding if you steam while the uterine arteries are open.



I am contraindicated, what do I do now?

Engaging in sacred bath ritual with the herbal remedy is a great way to honor the tradition of Yoni steaming without subjecting yourself to dangerous conditions. Sacred bathing enables you to honor your Yoni, engage in ceremony, and tap into the energies of release and renew. For guidance on the bath rituals, check out the rituals on your membership page.

HONOR RELEASE & RENEWAL WITH A BATH RITUAL!





AT HOME SET-UP

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Steam Safely!

- Basic at home set-up options
- Suggested herbal remedies & steam schedules
- Potential side-effects

A GUIDE TO

Yoni Steaming for Feminine Empowerment

Basic At-Home Set-up

[Click here to
watch video](#)

05 Basic Set-up

Consultation with Grace: Make sure you complete the client intake form & schedule a consultation with Grace in order to receive guidance on your unique Yoni needs.

What do I need?

1. Sauna Set-up: Yoni box/sauna, stool, bench, or yoga blocks
2. Yoni Safe Pot: Enamel, glass, or stainless steel & free of any coating,
3. Heat Source: Hotplate, electric burner, or stove
4. Steam Garment: Gown, robe, cloak, towels, or blankets
5. Herbal Remedy: Water, salt, apple cider vinegar, or herbal remedies

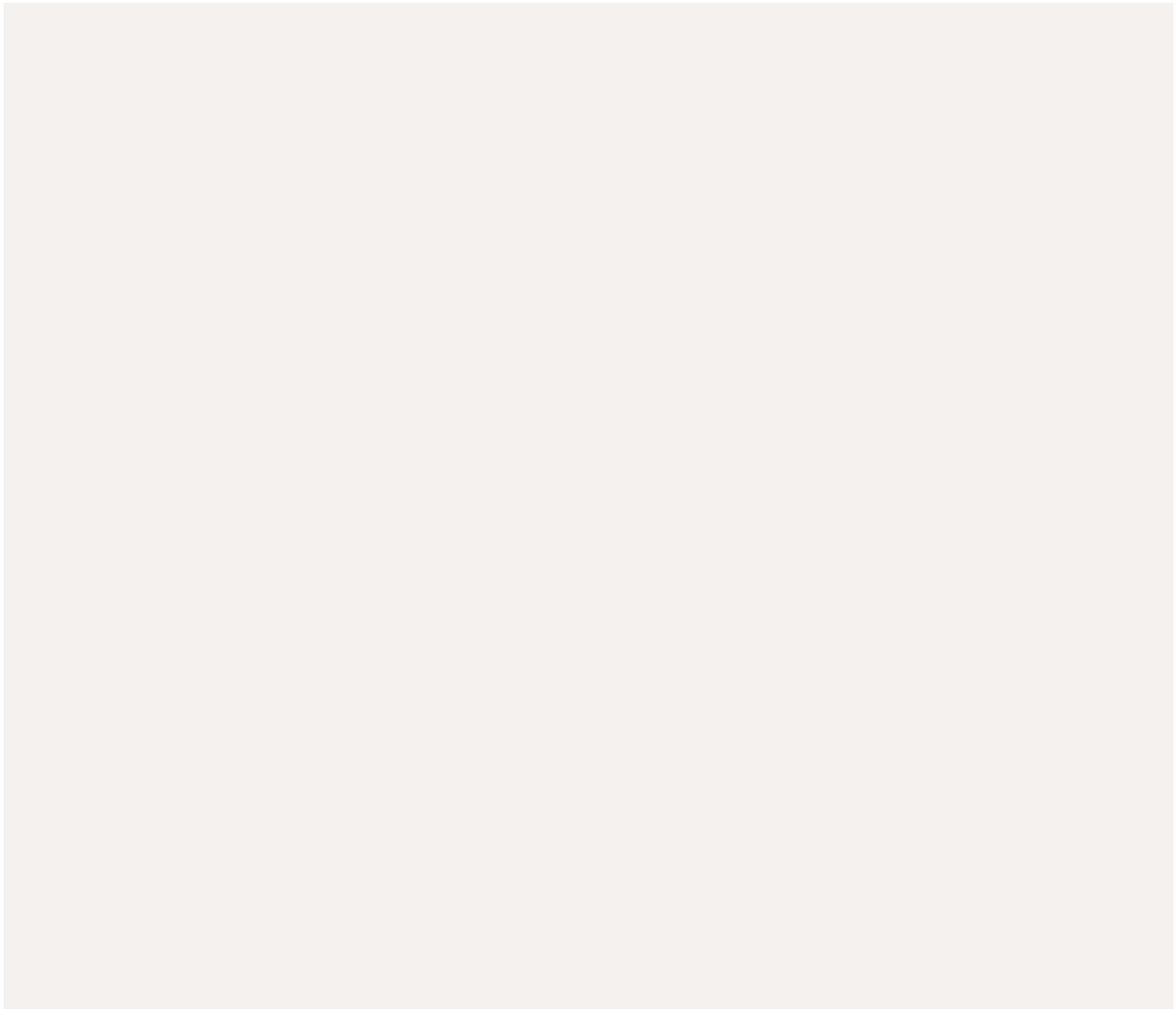
For guidance, watch "[Basic At-Home Set-up Video](#)" & attend consultation with Grace.

- Open the link in a separate tab.
- Watch & return to guide.

How do I want to set-up for my steam?

- After you watch the "**Basic At-Home Set-up Video**," take time to consider your unique yoni needs. What are you hoping to get out of the steam session?
- What do you need to support you in meeting your needs and desires for steaming?
- Are you seeking a simplicity in your set-up? Are you crafty & interested in DIY? Or are you hoping to treat yourself to a throne?

All set-ups will allow you to get your desired results. Allow your Yoni to guide you!



Herbal Remedies



Steam-only

Steam has tremendous benefits without herbs. If you do not have herbs available, steam alone is a wonderful option.

- 1.5 L of purified water

Safe for everyone.



Salt & Apple Cider Vinegar

Steaming with salt and/or vinegar is an accessible option that is safe for everyone. It supports gentle disinfecting and cleansing.

- Add ½ teaspoon of salt to purified water.
- Add 2 tablespoons of apple cider vinegar to purified water.

Safe for everyone.

Herbal Remedies



Herbs enhance the power of steaming. Steaming on it's own is cleansing and tonifying, and adding specific herbal remedies with your steaming session will allow you to target towards healing and empowering your Yoni.

With the consultation with Grace, you will receive an herbal remedy recommendation based on your unique Yoni needs.



Suggested Steam Schedule

Each body and Yoni is unique. This guide offers a set of “standard” or “recommended” schedules for steaming. However, please note that the suggested standard steam schedules might not work for you, your body, or your schedule. It is important to honor yourself with this practice and allow it to be something that supports your ultimate well-being. Contact Grace directly if you have questions or concerns.

Frequency	Timing	This steam schedule is recommended for those who:
Weekly	<ul style="list-style-type: none"> • Never during fresh menses • 24 hours after period is over 	<ol style="list-style-type: none"> 1. Do not have menstrual cycles; 2. Do not have either the time to commit to the 6 days a month; and/or 3. Interested in consistent clearing, cleansing, and connecting to the Yoni with steaming.
3 days before period & 3 days after period	<ul style="list-style-type: none"> • Never during fresh menses • Steaming on menstrual cycle days 23, 24, & 25 - or 3 days before period • The 3 days after 24 hours after period is over 	<ol style="list-style-type: none"> 1. Do not have any contraindication (see contraindication section above); 2. Have a menstrual cycle; and/or 3. Interested in consistent clearing, cleansing, and connecting to the Yoni with steaming in rhythm with the natural menstrual cycle <p>*Note if your menstrual cycle is >27 days, please consult a steaming facilitator to ensure you are not contraindicated and to receive a tailored plan.</p>



BUILD YOUR

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Yoni Steam Ritual

Create your own unique steam ritual to honor your sacred Yoni.



Step One: Prepare Your Altar

- Cleanse and prepare your Yoni Sauna Space & Set-up;
- Use candles, incense, sage, aromatherapy, etc. to set the space as sacred; and
- Incorporate pieces that are sentimental to you, like crystals, gems, figurines, flowers, art, jewelry, etc.



Step Two: Sacred Presence

- Take a moment to presence yourself through breathwork, meditation, reiki, and/or journaling; and
- If you desire, you can journal before, taking note of how you feel in the moment and set an intention for how you would like the steam to go.

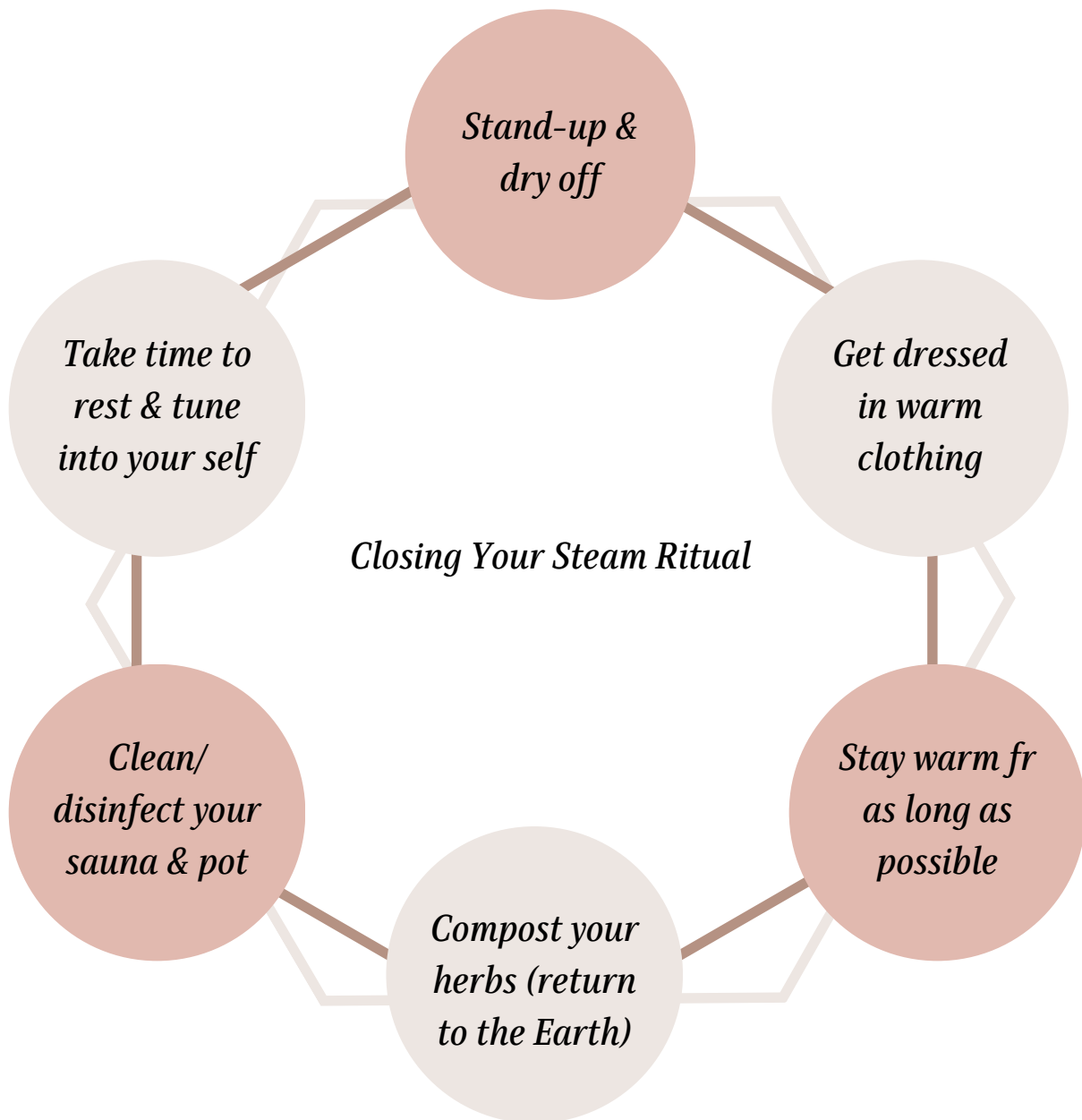


Step Three: Close in Gratitude

- After the steam session is complete, slowly deepen your breathing, and call your awareness back to your body;
- Place one hand on your womb, and one on your heart as and share with yourself a sense of gratitude for giving yourself this time to feel and reconnect; and
- Journal or reflect on your experience

Post-Steam Care

Once you complete close your steam in gratitude, engage in post-steam clean-up & care...





Some Post-Steam Potential Side-effects

- **Urge to Urinate** - Some people report the urge to urinate while steaming. To avoid this, use the restroom directly prior to the steam session.
- **Brown Discharge After Steam Session** - Brown discharge after steaming is a sign of old residue coming out as a result of the cleanse. It is a sign of the cleanse and is a healthy sign.
- **Increased Cramps** - Steaming may cause uterus may contract to push out old residue that has become loose. These cramps are a sign that the uterus is assisting the cleansing process.
- **Itchiness** - If the irregular mucus coming out has itchy bacteria/yeast/virus in it, this can cause itchiness as it clears out. Rinse the mucus off your skin regularly throughout the day to prevent further irritation.
- **Emotional Release** - Sometimes there is an emotional release (crying) during or after a steam session and this is okay/normal.
- **Earlier Periods/Later Periods** - Steaming can cause periods to come earlier or later than expected. This is good as long as the overall cycle is 28-30 days. If the period is coming earlier than that, this is probably a sign the herbs are too strong. If the herbs have caused the period to come later and the cycle is 31 days or longer pregnancy should be ruled out and the herbs they are using should be re-evaluated by practitioner.
- **Bowel Movement and/or Gas** - Steaming can help to stimulate gas or a bowel movement. This is a good cleanse side-effect, but if the steam session causes loose bowel movements or diarrhea this means the herb dosage is likely too strong.
- **Sexual Arousal** - Sometimes it happens during the steam session, sometimes it can happen to be heightened libido in the time period after steaming.



GRATEFUL TO

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*Support Your Yoni
Steam Journey!*

It is time to try out this amazing practice!

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