

Yoni Steam



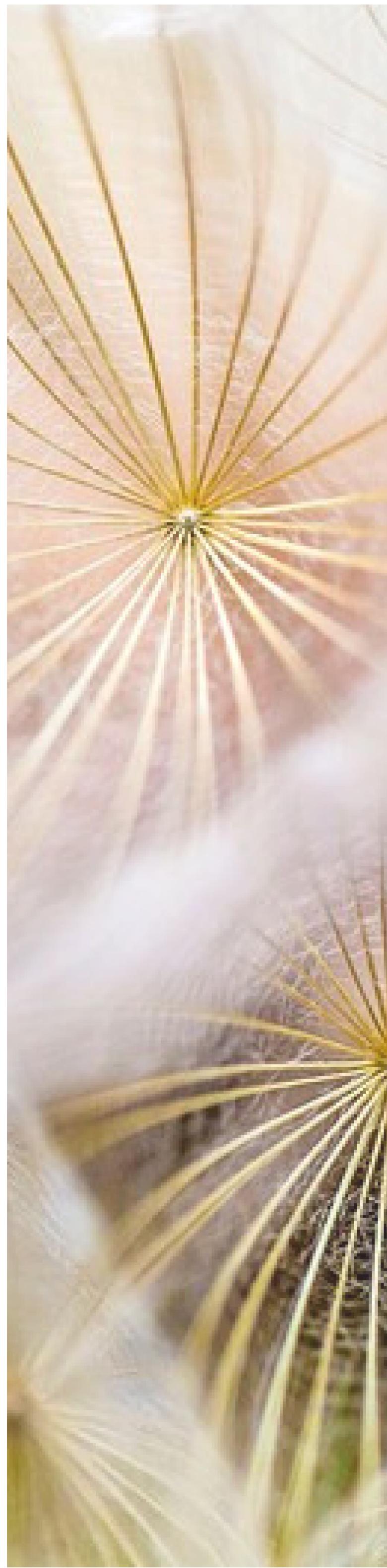
CARINA LYALL | WWW.CARINALYALL.COM

Yoni Steam

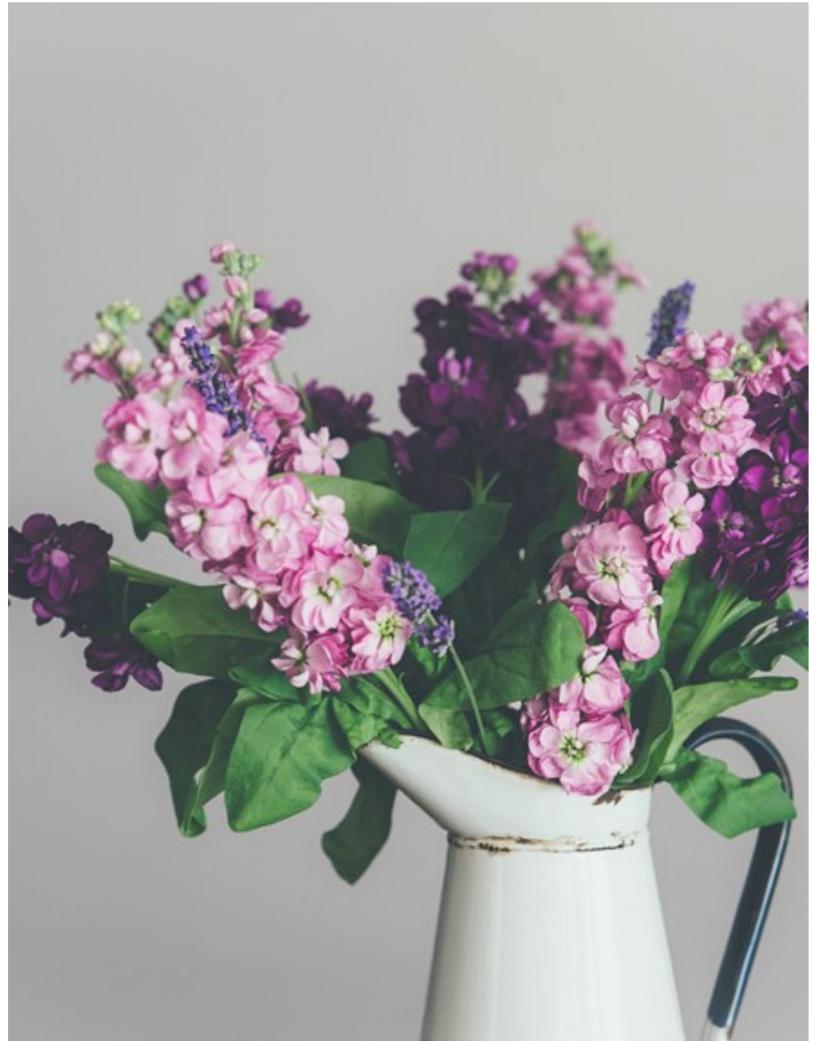
I like to think of this as a real self-care ritual. Creating the space, setting the stage for this time to nourish. This supports us in connecting to our yoni, vagina, pussy or whatever name you prefer. But connecting and cleansing it will do.

This can also be another way of connecting to your womb.

Traditionally, in cultures all over the world, the yoni steam has been used to cleanse the uterus, for women with fertility and menstrual challenges.



The Tools



- Herbs can include Rosemary, Mugwort, Motherwort, Dandelion, Yarrow, Partridge Berry, Calendula, Lavender, and Rose Petals. Look up what other herbs can be used. But these are a great place to start. These can be dried or fresh. If dried use around a cup, if fresh triple that. If you Google Yoni Steam there will be places you can buy these ready made as well.
- A stainless steel pot.
- Blankets, warm sweaters or something else you prefer to keep you warm.
- Anything that you need to support you as you for the duration of the steam; music, water, books etc.



Doing the steam

The steam can be done on a clean toilet or a specially made yoni steam stool. Maybe allow this to be part of the ritual, getting ready, creating the nourishing space. Clearing, cleaning and cleansing the space.

Bring the herbs to boil, let them boil for about 5-10 minutes. Take them off the heat and allow the mixtures to cool for another 5-10, making sure that it isn't too hot when you do the steam. Please test gently, it isn't about sitting through pain or discomfort, let it be a nourishing steam.

Pour the tea into a ceramic, or something alike, pot that can fit into the toilet securely, sit down and get comfortable. Cover yourself with a blanket making sure you stay warm and cozy.

Sit for 20-30 minutes, if you feel that you can't sit that long, just tune into whether it is boredom or your body telling you that it has had enough. Respect your limits here, but challenge the boredom.

When finished lay down on your bed and rest for another hour (or more if you have the space for it). Lay down instead of sitting and make sure you keep warm. This is a key part of the steam allowing the blood to circulate from the pelvis into the body as a whole.



Things to be aware of

When you steam, blood circulation is dramatically increased and this will support what ever needs to be released to do so. The membranes in the yoni are gently cleansed and this can be helpful with PMS, cramps during menstruation, irregular bleeding and fertility challenges.

Don't do a yoni steam if...

- you are pregnant or think you may be
- have your moon
- have open sores or infections
- bleed heavily, talk to your specialist about this
- have hemorrhoids or fungus

How often: It will vary depending on the challenges you have. If you are looking to do a yoni steam to relieve specific issues, it would be wise to consult with a professional. As with many rituals, using them in times of transition can be very beneficial.



About Carina

Carina Lyall is a women's space holder in gatherings and mentorships.

She draws on her trainings in women's story work and women's body and cycles. She is passionate about supporting women to heal their stories, in community and within themselves. The connection to the body, creativity and nature is her way in.

www.carinalyall.com