

Yoni/womb steam method



**Before carrying out anything on this site please consult your medical practitioner*

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You will need:

Metal bowl

If using the chair method then two chairs and a some things to stack bowl in and on. I use a basin and a box.

2 pieces of fabric

Or you could place bowl in the toilet bowl.

Method:

Boil herbs for 5-8 minutes. Barks and roots should be started before added leaves and flowers.

Then let cool. Stack your box and basin to your preferred height. Next place bowl on stack. Then place two chairs facing each other, leave a little gap. Sit over bowl with the entrance of your yoni between the gap of the two chairs. Wrap one piece over your lap and the other piece of fabric/blanket around your waist (or over your shoulder as far down as possible) from behind. Relax and sit until warm steam disappears.



- Do not do this on your cycle.
- Ensure the steam is not too hot, it should not burn.
- Alternatively, you could have a bath and use herbs in a little bag to diffuse in your bath water.
- Speak to your doctor /hcp or fertility practitioner before carrying out a womb steam