

DIRECTIONS FOR PELVIC DIAPHRAGM STEAM (aka yoni/vaginal steam or male fumigation)

WOMEN ONLY: ***Do Not steam if pregnant, while menstruating, or after during or after ovulation if trying to conceive***

In a medium covered pot, pour in 8 cups of water (preferably purified water).

Place 1-2 tbsp of herbs into the water. Do not add or use “essential oils” as they are too strong and may burn sensitive genital tissue.

Bring water to a soft boil..

Turn off the heat, leave the lid on and steep for another 5 minutes with the lid on.

Place a large bowl or pot in the bowl of your toilet.

You may remove the herbs now if planning to reuse.

Pour the water into the bowl you have placed in your toilet.

Wave your hand 8-10 inches over the herbal water to make sure it is not too hot.

It is very important to test the temperature of the steam before using. If it is too hot wait 30 seconds and test it again until it feels comfortably warm to steam with.

Put the seat of your toilet down. Remove your underwear and sit on the seat above the steaming water.

Make sure you keep yourself warm, keeping something on your feet (socks, slippers) and neck. You may use a light sheet to cover yourself, but do not use a heavy blanket. You don't need to use a sheet or blanket if you don't want to. Drink water while doing the steam.

*If you start to feel lightheaded, take any blanket off, take yourself off the toilet gently. Find a place to sit down for a few minutes and drink water.

You should feel a warm, rolling heat for 10-30 minutes.

After your steam, dump the water into the toilet. You may store the herbs in the fridge in a mason jar for one more use.

Be sure to rest by sitting or laying down for at least 30 mins following the steam. Drink some more water at this time to stay hydrated.

Please note: this can temporarily increase menstrual flow with more dark fluids or debris. Menses may start earlier than usual due to the cleansing effect.