

HOW TO YONI STEAM FROM HOME

full guide



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Set-up your steam

- BRING TO BOIL 500ML (2 CUPS) OF SPRING/FILTERED WATER (*WE DON'T WANT FLUORIDE OR CHLORINE FROM TAP WATER IN YOUR STEAM*)
- USE A LARGE GLASS BOWL OR CERAMIC POT (*PLASTICS + HOT WATER SHOULD NOT MIX!*)
- POUR YOUR HERBS INTO THE BOWL
- USE A MAXI DRESS/SKIRT/TOWEL/BLANKET TO COVER & TRAP IN THE STEAM (*LINEN OR COTTON WORKS THE BEST!*)
- POUR THE BOILED WATER INTO THE BOWL OF HERBS
- LET THE HERBS STEEP IN THE WATER FOR 5 MINUTES

PERFORM THE STEAM IN A PERSONAL SPACE

2

FAQ's

WHAT HAPPENS IF IT GETS TOO HOT?

YOU CAN ALLOW THE STEAM OUT BY FANNING THE COVER YOU ARE USING

SHOULD I HAVE A SHOWER AFTER?

YOU CAN, HOWEVER FOR FULL BENEFIT, TRY ALLOWING YOUR SKIN TO BREATHE WITH THE HERBAL INFUSION

HOW DO I PROP THE STEAM BOWL?

WE WILL SOON HAVE A YONI STEAM STOOL AVAILABLE FOR PURCHASE! OTHERWISE A FEW OPTIONS:

PLACE THE BOWL INSIDE THEIR TOILET FOR COMFORTABLE SEATING, OR PROP YOURSELF UP ON YOGA BLOCKS & SQUAT OVER THE BOWL FROM THE BLOCKS. YOU MAY FIND A COMFORTABLE POSITION SQUATTING DIRECTLY OVER THE STEAM FROM THE FLOOR & MOVE INTO DIFFERENT POSITIONS IF YOUR LEGS START TO STRUGGLE. (THINK OF CHILDS POSE TO BE CREATIVE!)



PROVIDED BY YONI STEAM AUSTRALIA

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2 FAQ's Continued

HOW LONG SHOULD I STEAM FOR?

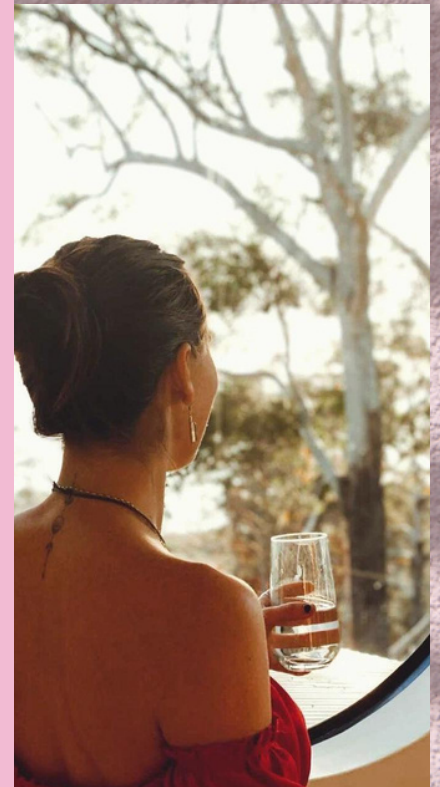
IF THIS IS YOUR FIRST STEAM, OR YOU SUFFER FROM HOT FLUSHES OR IF YOU ARE ON ANY FORM OF BIRTH CONTROL INCLUDING IUD'S, THE PILL, ETC.

- YOU MUST NOT STEAM ANY LONGER THAN 10 MINUTES AT HOME; UNLESS OTHERWISE ADVISED BY A PRACTITIONER.

IF YOU HAVE NONE OF THESE CONCERNS - YOU MAY STEAM FOR 20-25 MINUTES.

3 BEFORE & AFTER CARE

- HYDRATE! - WATER, OR A YUMMY HERBAL TEA IS PERFECT, BEFORE, DURING AND AFTER IF POSSIBLE!
- NO ALCOHOL, CONFLICTING MEDICATIONS OR SEDATIVES WITHIN 24 HRS OF STEAMING SLOWLY COME OUT OF RELAXATION.
- AS THIS IS SUCH AN INTIMATE PRACTICE AND MAY BALANCE HORMONES, BE AWARE THAT YOU MAY BE EMOTIONAL FOR 1-3 DAYS AFTER YOUR STEAM, THIS IS NORMAL AND A GREAT SIGN IT'S WORKED!
- EXPECT DARKER BLOOD, CLOTS AND VARIOUS RESIDUES TO BE DISPERSED IN YOUR NEXT MENSTRUATION CYCLE.
- THIS IS A NORMAL EFFECT WHERE YOUR BODY IS CLEARING OUT OLD TISSUES, RESIDUES AND LEFT-OVER BLOOD DUE TO THE LOOSENING AND CLEANSING PROCESS THAT THE STEAM HAS ON YOUR BODY. - THIS IS ACTUALLY A GREAT SIGN THE STEAM HAS WORKED!



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