

Pelvic Steaming User Guide

Welcome!

Pelvic Steaming (a.k.a. Yoni Steaming or Vaginal Steaming) is a holistic self-care & womb-care practice of women, by women, for women. It is an ancient practice that has been utilized by women around the globe for many centuries to bring optimal health and balance to the uterus and menstrual cycle, promote fertility, as well as, for postpartum care and menopausal support.

As powerful as its impact could be, the practice is very simple: you sit, kneel, or squat over heated water infused with a blend of herbs to expose your pelvic region on the herbal steam. An advantage is that you can practice it by yourself at home once you learn some important safety precautions, which I am going to share with you here in the Pelvic Steaming User Guide.

BENEFITS OF VAGINAL STEAMING

From case study observations, Vaginal Steaming could:

1. Bring balance into your menstrual cycle
 2. Relieve period pain and PMS
 3. Cleanse and strengthen your uterus = strengthen your overall health
 4. Promote fertility and healthy pregnancy
 5. Postpartum care and labor preparation
 6. Assist healing vaginal infections and UTI
 7. Assist healing fibroids, cysts, PCOS, and endometriosis
 8. Support menopause and post-menopause
 9. Increase your digestive & hormonal health
 10. Connect with the ancient wisdom and power of the womb
- And more....!!

CRITERIA FOR OPTIMAL MENSTRUAL HEALTH

Although it is not commonly acknowledged, the following conditions are very natural when a woman is in her optimal menstrual health, and this is absolutely possible:

1. The cycle is 28-30 days in length.
2. The period lasts for four days (not any shorter or longer, which indicates some imbalance) with a clear beginning and ending.
3. The menstrual blood is a fresh red color.
4. There are no signs of old blood, such as clots or brown blood.
5. There is no menstrual cramp or PMS.

CONTRAINDICATIONS

It is important to learn when you can conduct the pelvic steaming and when not for safety reasons. All the contraindications are for temporal situation.

Check the list below before you start your steaming, as it is not safe to vaginal steam when...

1. You are menstruating or fresh spotting (Wait 24hrs. after bleeding has ended!)
2. You are pregnant or trying to conceive, after the ovulation
3. You have 2 menstrual cycles in a 30-day period.
4. You have any open or recent wounds in the perineum area.
5. You had a surgery with your reproductive system and/or perineum area in the last 6 weeks.
6. You have a burning itch.
7. You are using certain procedures and interventions for birth control, such as Essure, arm implant, or tubal coagulation.
8. You have had gynecological procedures in the past, such as Endometrial Ablation or Fibroid Embolization.

PROPS

There are a few props you need besides the herbal blend for your vaginal and menstrual condition:

1. A pot that can contain 1.5L of water (preferably an enamel pot or earthen pot, if not stainless is fine, but NO plastic as it will release toxins into the water)
2. Vaginal Steam Sauna Box or Vaginal Steam Chair (optional, but recommended)
3. Electric burner (for those who will steam for 30 minutes.)
4. Steam gown, blanket, or cloak (Cloaking is optional and only recommended when you have no infection, hot flashes, night sweat, or any other heat sensitivity.)

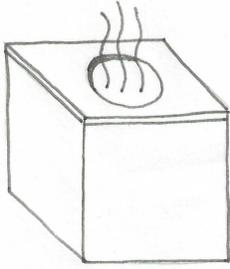
Preparation

1. Prepare an intentional space for your steam ritual—a peaceful and comfortable environment.
2. Heat the pot with 1.5L of water.
3. Once the water is boiled, turn the heat off and put in the indicated amount of herbal blend, then let it steep for 10 minutes.
4. Bring the pot to your prepared steaming setting (inside the sauna box, under the steam chair, or on the carpet floor).
5. Once you confirmed with the temperature, steam for 10 or 30 minutes. It is important that you feel absolutely comfortable and relaxed! (Those who are not recommended to steam for 10 minutes for safety reasons, can steam for 30 minutes, which could bring the best results for their conditions.)
6. For 30 minutes steamer, turn the electric burner on in the lowest setting once you feel the temperature has gone down and you want to have some added heat.
7. End your steaming even when it hasn't reached your set steaming time, if you feel already complete.

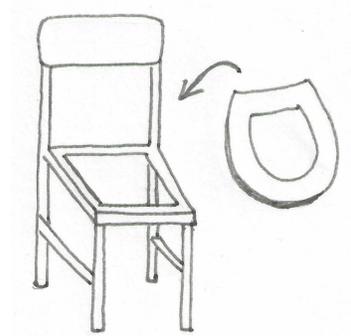
VARIOUS STEAM SETTINGS

There are several options for

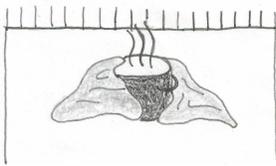
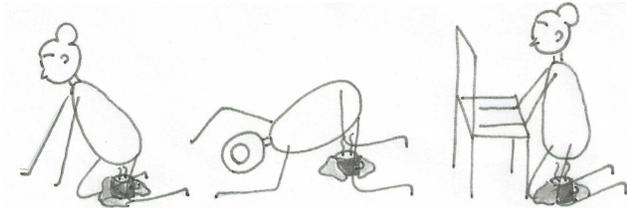
your steaming setting:



Purchase or create your own steam sauna box or stool.



Take out the seat of your chair and replace with a toilet seat that you can get at the hardware store.



Place the pot on the carpet and wrap a thick towel around it. Kneel in a vertical position or in a child pose and place the pot between both legs.

STEAM SCHEDULE

If you choose to conduct the steaming by yourself, there are two options for you to choose from:

1. Weekly
2. 3 days right after the period and 3 days before the period

You can also choose to do both options, if you are looking for faster outcome.

SAFETY GUIDE FOR STEAMING

1. ALWAYS check the temperature before you start steaming. The temperature has to be the one that will make you feel comfortable and relaxed.
2. If you have the nuva ring, remove prior to steaming.
3. If your menstrual cycle is shorter than 28 days or prone to fresh spotting, steam for 10 minutes, but no longer.
4. If you are prone to infections, steam for 10 minutes, but no longer.
5. If you have night sweat, hot flashes, or any sensitivity to the heat, steam for 10 minutes, but no longer.
6. If you are under the age of 13, steam for 10 minutes, but no longer.
7. If you are in the postpartum recovery (within 1 year after giving birth), experienced a pregnancy loss, or have certain conditions such as active infection, or abnormal bleeding, it is highly recommended to work with the informed practitioner* as the steaming could bring undesired outcome otherwise.
8. This is not a safety issue, yet if you are in a fertility preparation or unexplained fertility difficulty, it is also recommended to work with the informed practitioner* so that you can move towards your goal as safely and effectively as possible.
9. Do not add any essential oil as it is too strong for the vaginal region to steam safely.

*Peristeam Hydrotherapy Institute certified Peristeam (medical term for vaginal steaming) Hydrotherapists have gone through the education on vaginal steaming based on over 700 evidence-based case studies combined with the TCM perspectives. As experiential practitioners, they have the knowledge and skill to discern the client's underlying cause of imbalances and to guide them with the tailor-made steaming plan.

BOOKING A CONSULTATION

If you are interested in learning more about vaginal steaming and/or the way this practice could assist your goal for menstrual health as effectively as possible, I am offering a private consultation in person or via Zoom. I am a certified vaginal steam practitioner through the Peristeam Hydrotherapy Institute (www.SteamyChick.com)

Please feel free to email me at: Seshen@NurtureWomb.com

DISCLAIMER

The contents of this document are for educational and informational purpose only and are not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare providers with any questions you may have regarding a medical condition before undertaking any medication, nutritional supplements, exercise, or other health program. Nurture Womb expressly disclaims responsibility, and shall have no liability for any damages, loss, injury, or liability whatsoever suffered as a result of your reliance on the information contained in this document.