

Yoni Steam Directions

Please note you should NOT steam if any of the following apply:

- **You're currently menstruating**
- **You're pregnant**
- **You get hot flashes (if it's been over a year since you last had them steaming is ok)**
- **You're prone to spontaneous, heavy bleeding**
- **You're trying to conceive and you have just ovulated (ie day 14 of cycle)**

Directions:

1. Add 2 L (4 cups) of water & 1 package of herbs to a pot & cover with a lid
2. Boil the herbs for 10 minutes
3. Clean your toilet bowl thoroughly with apple cider vinegar or other non-toxic cleaner
4. Place the pot inside of the toilet bowl & remove the lid from the pot
5. Wait for the steam to cool slightly so that it's a comfortable temperature to sit over
6. Have a seat for 10-30 minutes & make sure to keep warm with a blanket or towel throughout the session
7. It's best to steam before bed so you can relax fully after the session