

A BEGINNER'S GUIDE TO *Womb Steaming*



Hey Love, and welcome!

I'm so honored to share with you one of my favorite healing practices for sovereign womb care: pelvic steaming.

Whether you call it vaginal/yni/womb/pelvic steaming, it's all the same -- a global and ancient practicing of sitting or squatting over steamy water infused with herbs, as part of how we nurture our health.



While modern medicine has often demonized the practice of steaming, there is both science and sacred wisdom to support this practice as a simple and intuitive practice for supporting both our pelvic health, and our relationship to our womb space.

Both in my personal life and as a practitioner, I've had the honor of witnessing the transformative power of steaming -- for moving through trauma, resolving stagnant menses, dissolving cysts, and so much more.

If you love this guide and want to be surrounded by community as we dive deeper into all things sovereign womb care, I hope to see you in The Womb Room! Find out more by [saving your seat in my free masterclass here.](#)

May this be of service to you and your sacred womb!

Qiddist

Founder of The Womb Room

A BEGINNER'S GUIDE TO *Womb Steaming*

Across continents and throughout generations we have had traditions of sitting or squatting over steaming water, often infused with herbs, as a part of sacred yoni/womb/pelvic care.

The warmth and steam supports oxygenation of the whole pelvic bowl-- from the outer vulva to the vagina, cervix, ovaries and uterus. (And even the digestive organs!)

Steaming can support:

- reducing menstrual cramps
- improving menstrual flow
- cycle regulation
- postpartum healing
- releasing womb trauma
- Cervical health
- Supporting breakdown of cysts, fibroids and scar tissues
- Supporting womb connection and intuition



For more on reasons why steaming may be supportive [check out my IGTV video here.](#)

While steaming has become "trendy" in many spas, this universal and traditional practice can be practiced simply in your own home -- even without a fancy steam seat!

I want to share with you a sneak peek from my Lunar Living course: a step-by-step walkthrough of how to step up your womb steam at home, with no fancy tools! [Watch the video here!](#)



STEAMING WITH SACRED *Kitchen Herbs*

There are many herbs that may be supportive for steaming -- please do your own research and use your intuition (and join me in The Womb Room for a deeper dive)!

Even if you don't have access to many herbs, you may find some of these healing allies in your kitchen -- and they're some of my favorite to steam with.

In general, I use **1/4 cup of dried herbs, or 1 cup of fresh herbs**, per 1.5-2.5 liters of boiled water (check out the video above). In a pinch, you could also use 4-6 tea bags!



Ginger:

Warming, circulatory, supports pain relief and encourages blood flow



Rosemary:

Antifungal and antimicrobial, anti-inflammatory



Chamomile:

Relaxing, pain relieving, gently encourages menstrual flow



Red Raspberry Leaf:

Antifungal and antimicrobial, anti-inflammatory



Oregano:

Stimulates blood flow, antimicrobial, brings on menstruation



Rose Petals:

anti-inflammatory, soothing, emotional healing and release, wound healing

Womb Steaming

Directions

2



Boil 1-2 liters of clean (preferably filtered) water.

1



Turn heat to low and add 1/4 cup of dried or 1 cup fresh herbs to the water.

3



Cover the pot and simmer on low for 5 minutes, then remove from heat and continue steeping covered for 5-10 more minutes until the steam is warm when you place your hand over it, but not too hot.

4



Carefully pour the hot steam mix into your steaming receptacle. This could be an emptied and clean toilet bowl, a sitz bath (don't use boiling water with plastic), or a medium saucepot.

6



If you don't have a steam seat, you can place the pot on the ground (place something beneath to protect the floor from heat) and kneel over the herbs. (see video for more options!)

5

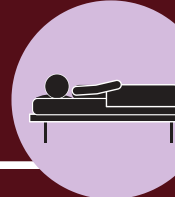


Test the heat level with your hand first and sit over the steam, uncovered from the waist down, for 10-25 minutes. It should be comfortably warm, not too hot! Wrap a blanket around your waist to keep heat in.

7



Stay hydrated during and after your steam! Use the steam time to journal, meditate, read, or set intentions. You might try listening to the free [cervical embodiment meditation!](#)



After your steam, return the herbs to the earth if possible, and lay down and stay warm for at least 1 hour.

Frequently Asked Questions

How often should I steam?

For general health once a month. For period pain or cysts, 1-2 times after your period, and again 1-2 times the week before your period is a good place to start. This will also depend if you have a short cycle or are sensitive to heat; consult a trusted guide for support.

Can I steam when I'm pregnant?

No, steaming is contraindicated if you are pregnant or think you may be pregnant, as it can trigger contractions. However, if you are trying to optimize fertility, you can steam during the follicular phase of your cycle prior to trying for conception. Some choose to steam at the very end of pregnancy to prepare for labor.

When else *shouldn't* I steam?

Steaming is generally not advised during menstruation, as it can encourage heavier blood flow. You may want to avoid steaming with an active infection such as genital warts.

Can I steam with an IUD?

Different practitioners have different ideas about this. I find that steaming with an IUD is fine in short periods (5-10 minutes) with medium heat; The risk is that the heat could dislodge an IUD, Use your intuition and do what feels right for you.

What herbs should I use?

Nourishing herbs like nettle, relaxant herbs like lavender, chamomile and mugwort, antibacterial herbs like yarrow and oregano, and healing herbs like calendula are all lovely. Please do not use essential oils, as they are too strong and may cause harm.



thank you for honoring
the power of your
womb.

THE WOMB ROOM © 2021

FOR MORE, JOIN THE CONVERSATION ON INSTAGRAM AT
[THEWOMBROOM.CO](https://www.instagram.com/thewombroom)

AND DON'T FORGET TO SAVE YOUR SPOT IN THE FREE YOUR
WOMB MASTERCLASS!