



Yoni/Root Steam Bath FAQ

Soothe and revitalize your reproductive system

What does the word “Yoni” mean?

- ✿ The term “Yoni” is Sanskrit for Vagina which means Womb, Origin of Life, Divine Passage, Sacred Space or Sacred Temple. It describes a woman’s reproductive system in its entirety.

What is a Yoni/Root Steam Bath?

- ✿ Yoni/Root steams may also be called “v-steams” or “vaginal steams.” They are called “Bajos” by the Maya traditional healers in Central America and is an ancient practice that provides gentle and effective support for women’s wellness and reproductive health.
- ✿ A Yoni/Root Steam bath is essentially a uterine lavage. It gently and effectively cleanses the uterus of any stagnation, build-up of old blood and corrects many issues dealing with with menstruation, fertility and menopause.
- ✿ The healing steam and volatile oils from the plant medicine aids in clearing old uterine membranes and restoring homeostasis. Steaming supports the womb to return to her harmonic physical and emotional alignment.

How does it work?

- ✿ When plants and herbs are heated in water, the healing medicinal properties they contain are then released. This moist medicinal heat envelopes the pelvic bowl, the exterior tissues of the vagina as well as systemically throughout the entire body via the blood stream. The warmth and moisture increases circulation to the labia, causing it to swell and expose the inner labial mucus membranes. These tissues are very porous and absorbent, and the bloodstream picks up the volatile oils and carries them deeply into the inner reproductive system, including the uterus. Thus, the herbal steam increases circulation, thins mucus and revitalizes the entire system, allowing it to shed old membrane and mucus build-up.

What are the benefits of Yoni/Root Steams?

- ✿ The benefits of a Yoni/Root Steam Bath are a healthier cycle and a more centered, connected and empowered woman. The combination of steam and essential oils from the plants penetrate deeply into the cervix and uterus to dislodge indurated menstrual fluids and pathological accumulations that have not properly sloughed off with each monthly cycle. Induration of the uterine membrane causes the uterus to cramp fiercely to expel the hardened or thickened accumulation.
- ✿ The Moist Heat of the steam bath is good medicine for the feminine body as it supports and softens the womb and the surrounding tissues, increases blood flow in the pelvic bowl and supports the uterus in releasing old stagnant blood.
- ✿ Steams can assist in healing a wide variety of gynecological issues. They are very effective at enhancing fertility and assisting in postpartum recovery.

The Range of Benefits:

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- ✿ prevent and correct menstrual discomfort and disorders: Yoni steams significantly reduce menstrual pain, bloating and exhaustion. They harmonize menstrual flow as well as reduce dark purple or brown blood at the onset and end of the cycle.
- ✿ Improve and Increase fertility, especially when combined with ATMAT.
- ✿ Treat uterine fibroids, ovarian cysts, uterine weakness, uterine prolapse, endometriosis and hemorrhoids
- ✿ Speed healing and tone the reproductive system after birth.
- ✿ Assist with the repair of a vaginal tear, episiotomy, or C-section scar.
- ✿ Treat chronic vaginal/yeast infections.
- ✿ Relieve symptoms of menopause including dryness or pain during intercourse.
- ✿ Rids the womb and body of toxins and stress.
- ✿ Release stored emotions and tap into the energy that is our creative potential (sexual abuse trauma and other stored up emotional trauma that has occurred in our life).

What can a first time client expect it to feel like?

- ✿ A first time client can expect it to feel relaxed and pampered as the warmth of the steam is very comforting and soothing. You may feel as if the steam is rising inside you like the kundalini energy and many times you can taste the herbs on your tongue. Your face will glow and your cheeks will be rosy as if you just had a facial as the steam has a full body systemic effect on blood flow.
- ✿ You can expect your menstrual cycle may change after doing a yoni steam. Often, there is a great deal of debris that is lining the inside of your womb, which is expelled after doing the yoni steam. The herbs have a powerful effect on the uterus, dislodging much of what is stuck. Sometimes this means your flow will be heavy, dark and thick for just a day or two, and other times it just extends the length of your period to get it all out. Most likely, your next periods will be much lighter and more pleasant than ever before.
- ✿ After doing several treatments, you'll feel relaxed, rejuvenated, and revitalized. Emotionally, you'll feel your body letting go of past traumas, and you'll feel more connected to your body than ever before.

Some positive results I've seen in my practice

- ✿ I recommend vaginal steams in my practice regularly for a variety of reasons, including fertility support, vaginal dryness during menopause and nursing, menstrual irregularities and postpartum support.
 - ✿ I find steams particularly helpful when women have dark purple or brown blood at the beginning or end of a cycle. The healing steam helps the body to slough off old blood and tissue that's stuck on the uterine wall. When the uterine lining is clean and clear then the womb is prepared to grow a healthy lining during the next cycle and to receive a fertilized egg.
 - ✿ Many Women report an increase in cervical fluid after a steam and they feel more "juicy" which results in less painful and more enjoyable sex. (Menopause and hormonal birth control can cause dryness in cervical fluids)
 - ✿ Many women experience a drastic reduction in their cramps when they add two to three vaginal steams into their monthly self-care for the two weeks prior to their flow.



(The discomfort of cramps is not normal during their monthly cycle and is a sign of an imbalance that needs correction with uterine/womb massage, steams and herbal support).

How often should a woman have a Yoni/Root steam?

- ☼ **NORMAL CYCLES:** For those who have normal, pain free cycles, I recommend a “maintenance” vaginal steam be done once every three months with the changing of the seasons just before menses. If you are so inclined, you may steam two to three times per month, always during weeks in which you are not menstruating as part of your self care routine.
- ☼ **MENSTRUAL DISORDERS:** Women who suffer from pain, bloating or exhaustion during menstruation should steam every other day within the week or two before menstruation. To aid shedding of uterine lining, you may drink two cups of oregano tea for three days before cycle begins. After doing so, you will likely see a change in the fluid you pass when your period begins. You may also steam once after your cycle ends, to clear out any excess materials.
- ☼ **FERTILITY CHALLENGES:** Women who are experiencing fertility challenges should steam once per week, and twice during pre-ovulation, to make sure that the tissue is moist and that the cervical fluids are clear and copious. They should expect to steam for three months before seeing results. Some even recommend doing a steam every other day all cycle long for more serious conditions, for a more powerful cleanse & detox. This can be very beneficial for women struggling with long term fertility issues, but it is important to note that steaming all cycle long should only be done during a cycle where you are NOT trying to conceive.
- ☼ **POSTPARTUM:** Midwives administer steams to postpartum mothers within the first 9 days after childbirth, this is the ideal. It will help with clots and help the uterus to return to its proper position. Healthy woman with a natural birth would have three steams within the first nine days postpartum. Postpartum uterine lavage helps to make sure all the fluids of birth have flowed out of the body. Maya midwives use the number 9 as a spiritual tradition. They usually do three vaginal steams during the first 9 days postpartum. For the postpartum, a yoni steam may be done three times per week for four weeks to facilitate healing and toning of the uterus and vagina (please be sure there are no open wounds and that you are no longer bleeding).
- ☼ **MENOPAUSE:** For those going through menopause, a yoni steam is recommended a few times a year in the first couple years of menopause to ensure that the uterine membrane is very clean when it stops menstruating. (Menopausal women have reported passing clots and dark, thick blood even a year after menses has ceased. “Better out than in,” is the Arvigo motto) Women who are experiencing or who have passed menopause should steam at least three times per year for maintenance, but may steam more often if it feels right. If your challenges are chronic, you may want to steam up to three times per week to ensure the greatest results.

When is the best time of the month to steam?

You can steam at any time of the month, as long as you are not menstruating.



It is nice to do your steam later in the evening so that you can go to bed shortly after finishing the steam.

How much does it cost?

- ✿ \$35-\$75 FOR A 15-30 MIN STEAM

What are the Contraindications?

- ✿ Pregnancy or if you think you may be pregnant
- ✿ During menstruation or when open sores or blisters are present.
- ✿ After ovulation if you are trying to conceive
- ✿ If you have an IUD steaming too long may dislodge the device.

Can I use essential oils instead of herbs?

- ✿ NO. Essential oils should not be used in place of herbs as they are far too strong for this purpose and can cause damage. You should only use fresh or dry herbs.

Traditional Herbs Used for Yoni Steam

- ✿ There are 25 herbs you can use and they are all aromatic. Rosita's favorite herbs: Oregano basil and marigold are the top three favorites. Could also use rosemary thyme and lavender. Use one cup of dry herbs with 3 quarts of water (4 TBSP per cup if water). Use one quart of fresh herbs with 3 quarts of water. Can use leaves, stems and flowers.
 - ✿ **Oregano:** One of the top herbs for steams. Best herb to bring on menses. Increases scanty flow. This herb is used for its antiseptic, stimulating and strengthening qualities. Oregano is a wonderful herb for aiding in prevention of infection. Uterine stimulant. (Can also use fresh oregano for a stronger effect.)
 - ✿ **Basil:** May reduce painful menstruation. Can bring on menses. Antibacterial. Blesses the woman receiving the steam. Spiritually cleansing. (Fresh basil can be used if available)
 - ✿ **Marigold:** used to induce perspiration, cleansing of the vaginal tissues. It is also healing to wounds.
 - ✿ **Calendula:** Aids in healing of scar tissue, vaginal tears, or hemorrhoids. aids in the healing of tight scarred tissues of the labia and perineum due to episiotomy, or vaginal tear. Note: Do not steam an open wound, this could cause pain and swelling.
 - ✿ **Rosemary:** Increases circulation to the pelvis, clears out old blood & fluids. Antiseptic and very cleansing. Brings concentration and focused energy. An aromatic and antimicrobial herb, rosemary treats bacterial infection, speeds wound healing, inhibits yeast growth, and stimulates menstruation. Increases circulation to the reproductive organs, aids in clearing out of old fluids, is also antiseptic and purifying.
 - ✿ **Lavender:** relaxing herb, supports healing, promotes menstrual flow, calms the mind and body. Nourishing to the nervous system. Lavender is antiseptic to the vaginal tissues. It is also an antispasmodic, aiding in healthy uterine function. Emollient, very soothing to irritated tissues.



- ☼ **Rose Petals:** Womb totem of love and healing. A relaxing, uplifting and astringent herb that is wonderful for pampering. Rose petals are gentle and astringent to tissues of the genitals. Rose is a relaxing and uplifting herb. Increases self-love, releases stuck emotions.
- ☼ **Mugwort:** Womb cleanser and awakener. In addition to fighting infection through its antibiotic and anti-fungal properties, mugwort balances female hormones and stimulates the production of hormones that help to maintain uterine health as well as protect the uterus from things such as ulcers and tumors. Mugwort steam opens the pores, allowing the beneficial herbs to penetrate into the blood stream. In addition, mugwort helps to stimulate menstrual discharge and ease cramping. Cleansing – physically & spiritually. Can help bring on menses.
- ☼ **Motherwort:** Astringent, tonifying and cleansing, strengthens and relaxes uterine muscles, eases uterine cramping, and may help treat uterine fibroids. Motherwort stimulates uterine tone and blood flow. Tonify's the reproductive system and increases circulation to the pelvis.
- ☼ **Yarrow:** Blood purifying, pelvic tonic. Astringent, tonifying and cleansing, yarrow is great for regulating menstrual flow, treating ovarian cysts and supporting overall uterine health. Astringent. Cleansing. Antibacterial. Good for infections.
- ☼ **Partridge berry:** Revered as a wonderful herb for the female reproductive system, partridge berry treats infertility, regulates menstrual cycles and helps decrease severe menstrual pain.
- ☼ **Sage:** Astringent. Spiritually cleansing. Release emotional & energetic blockages.
- ☼ **Chamomile:** Relaxing, calms the mind. Soothing to the vaginal tissues. Anti-inflammatory.
- ☼ **Holy Basil:** Menstruation balm and tonic
- ☼ **Raspberry leaf:** Nurturing and protective

Addressing specific conditions

- ☼ Suggested formulas that can help you address specific situations:
 - ☼ **Long / irregular cycles:** Oregano, basil, and mugwort. Helps bring on the blood.
 - ☼ **Scanty bleeding:** Rosemary, oregano, and motherwort. During the last week of the cycle.
 - ☼ **Painful menstrual cramps:** Motherwort, basil, and lavender. During the last week of the cycle.
 - ☼ **Enhance fertility:** Oregano, motherwort, and rosemary. Steam 3 consecutive days starting at the end of menstruation / right after you are done bleeding. You can repeat the last week of the cycle, but only if you are not trying to conceive that cycle. Steaming is contraindicated during the second half of the cycle if there is any possibility of pregnancy.
 - ☼ **PCOS / Ovarian cysts:** Rosemary, motherwort and lavender.
 - ☼ **Endometriosis:** Oregano, motherwort, yarrow, and rose petals.
 - ☼ **Fibroids:** Motherwort, basil and calendula. Can be done every 2 weeks, but contraindicated altogether if there is very heavy flooding menses, as steaming can increase bleeding.
 - ☼ **Adhesions / blocked fallopian tubes:** Oregano, rosemary, and mugwort.



- ☼ **Bladder / vaginal infections:** Yarrow, oregano, lavender and calendula. Steam 2 days, wait a few days, if symptoms persist, repeat. If symptoms appear to worsen, discontinue.
- ☼ **Postpartum:** Oregano, calendula, motherwort, and basil. Steam 3 consecutive days within 9 days of the vaginal birth. Okay to do while bleeding. Check with your midwife first. Wait at least 6 weeks after a cesarean section birth.
- ☼ **Perineal tear / scars / episiotomy:** Calendula, lavender and yarrow. Wait until wounds are closed and stitches have been removed.
- ☼ **Menopause:** Rosemary, oregano, and motherwort. Steam several times after the end of cyclical bleeding. Helps empty out the uterus completely before bleeding stops for good.
- ☼ **Menopausal dryness:** Lavender, calendula, and chamomile.

Herbal blends:

- ☼ **Menstrual balance blend:** Motherwort (great for fatigue, cramps, and to aid relaxation), Mugwort (promotes suppressed menses), Basil (Uterine stimulant), Rosemary (increases circulation to the reproductive organs), Calendula (Cleansing, lessens inflammation), Chamomile (Soothing to the vaginal tissues).
- ☼ **Peri-menopause / PMS blend:** Mugwort (promotes suppressed menses), Oregano (soothing, brings circulations and cleansing to the uterus), Raspberry leaf (strengthens and tones the uterine and pelvic muscles, and is a pelvic and uterine relaxant), Red Rose Petals (Cooling, gentle and astringent to the tissues of the genitals).
- ☼ **Menopause blend:** Basil (Uterine stimulant), Raspberry leaf (strengthens and tones the uterine and pelvic muscles, and is a pelvic and uterine relaxant), Marshmallow (vaginal dryness), Sage (Astringent. Spiritually cleansing), Chamomile (Soothing to the vaginal tissues).
- ☼ **Fertility blend:** Rosemary (increases circulation to the reproductive organs), Wormwood (Anti-fungal and antibacterial), Basil (Uterine stimulant), Calendula (Cleansing, lessens inflammation), chamomile, Red Rose Petals (Cooling, gentle and astringent to the tissues of the genitals), Lavender (antiseptic, antispasmodic, sedative, relaxing nerving).
- ☼ **Miscarriage blend:** Mugwort (promotes suppressed menses), Oregano (soothing, brings circulations and cleansing to the uterus) Calendula (Cleansing, lessens inflammation), Lavender (antiseptic, antispasmodic, sedative, relaxing nerving).
- ☼ **Postpartum blend:** Oregano (soothing, brings circulations and cleansing to the uterus), Rosemary (increases circulation to the reproductive organs), Raspberry leaf (strengthens and tones the uterine and pelvic muscles, and is a pelvic and uterine relaxant), Calendula (Cleansing, lessens inflammation), Yarrow (Astringent. Cleansing. Antibacterial), Comfrey (healing and soothing).