

The Art of Feminine Embodiment and Sensuality

Womb Steam Preparation

During the Art of Feminine Embodiment and Sensuality weekend, we will be doing a Yoni Dhupana: Ayurvedic Womb Steam with Sheila Govindarajan. Please read through the details below so you are prepared for this powerful experience, and make sure to browse the recommended supply list if you are tuning in virtually. If you are in person, we will have a special blend, supplies, and a comfortable/safe environment prepared for you at RA MA Los Angeles. **Please wear a long skirt or dress and bring an additional shawl so you can comfortably steam.** There will be no filming or men in the room and it will be a respectful environment for us to all drop into the ritual.

WOMB STEAM CONTRAINDICATIONS

While there are many benefits to Yoni steaming, there are times when it is not recommended. The following are contraindications where steaming is never recommended:

Menstruating: If you are currently bleeding, it is not recommended to steam.

The warm steam increases circulation to your reproductive organs, and if you are actively bleeding, that increased circulation may cause bleeding to increase to unsafe levels. Only steam if you are not bleeding at all at the time of steaming.

If you are pregnant: The steam may be too much heat on your baby as well as open your cervix.

If you are trying to conceive and have already ovulated for the month: The steam can clear out any remaining sperm in your vagina, as well as open your cervix. So if you have ovulated for the month and are hoping to become pregnant, steaming is not recommended.

If you have had a history of two periods per month for the last three months: Interim bleeding between periods means there is some sort of imbalance in your

menstrual cycle. With the increased circulation from steaming, there is an increased chance of more bleeding on top of your two periods per month.

There are other times when steaming is usually not recommended, but we leave that decision up to you:

Active infection with a burning itch: Steaming may clear up infections, but an infection with a burning itch may be made worse by heat

Tubal Coagulation: This is the process of tying your tubes, a permanent form of birth control. This can build up scar tissue, and steaming has anecdotally reduced scar tissue.

There are times when yoni steaming is thought to be contradicted, but in fact it is not! We do recommend a mild set up if any of the following conditions apply to you:

- IUD present
- Frequent hot flashes
- Current vaginal infection (such as yeast infection, herpes, etc.)

Womb Steam Supplies (For those who will be tune in virtually to gather beforehand)

- full electric kettle to boil water
- large / low / wide ceramic or glass bowl
- wooden spoon
- Large skirt or long dress plus an extra shawl or blanket
- Herbs (see details below)
 - If you are joining last minute - you can always use a simple tea bag of one of the herbs below - or even just water and a little bit of sea salt.

HERBS

A yoni steam is sort of like a facial for your uterus. It is a steam cleaning for your uterine wall. So pick herbs that are delicate enough for your eyes and mouth.

- **Lavender** is a sweet-smelling antiseptic and anti-bacterial herb with soothing and powerful cleansing properties for a healthy vaginal environment.
- **Rosemary** is also antiseptic and helps with circulating out old fluids and blood. It purifies and stimulates the yoni and reclaim or remember lost parts of yourself.
- **Lemon Balm** is an antiviral herb that helps with relieving itchiness and smells delightful.
- **Dandelion** helps improve endocrine and reproductive health. It helps rid excess estrogen, sugars, and toxins of the body
- **Calendula** bright golden blossoms are antiseptic and soothing to irritated tissues. It also helps ease and treat cramping and heaviness.
- **Peppermint** helps energize and stimulate.
- **Chamomile** is known as the grandmother herb. It helps with relieving cramping, tension, and pain. It smells amazing.
- **Yarrow** is a powerful infection fighter, great for wound repair, tender, bruised, stitched tissues.
- **Uva Ursi** is an alkalinizing herb that is specific for UTI and reproductive infections.
- **Herbs that support the urinary and reproductive organs:**
Raspberry Leaf, Motherwort, Peony, Damiana, Oregano, and Basil
- **Herbs that are tonifying, tightening, and drying:**
Witch Hazel, Yarrow, Rose and Juniper
- **Herbs that soothe moisturize:**
Comfrey, Marshmallow, Plantain, and seaweeds such as kombu and bladderwrack are added for their mucilaginous quality, which can aid in softening and cleansing, as well as their rich mineral content. Yoni steams can bring deep healing, moisturizing, and warmth to your pelvis.

