

What is a yoni steam?

Yoni steam is also known as vaginal steam which is a holistic health practice in which a woman allows the warmth of herbal steam to gently encounter her vagina. Yoni steaming is a powerful ancient remedy that has been used for centuries by women worldwide. This gentle treatment provides effective support for the female reproductive system, and invites reconnection with the powerful, creative energy of a woman's womb.



Who should be yoni steaming?

Yoni steaming is a wonderful opportunity to reconnect with your body and reignite your womb. I encourage ALL women to steam and get the experience at Treasure Box! You are likely to see great benefit to this ancient remedy if you suffer from irregular or painful periods, infertility, uterine fibroids, perennial tears, bladder and yeast infections, vaginal or ovarian cysts, hemorrhoids or scarring from C-sections, hysterectomies and laparoscopies, just to name a few.

Yoni steaming is also recommended even if you are not experiencing any of the above, as it is a great way to soothe and pamper yourself, and is known to relieve anxiety in women AND increase your sex drive!

Now allow me to breakdown WHY you should Yoni steam...



1) Improves the menstrual cycle..

The number one reason that many women practice yoni steaming is because of its ability to significantly reduce pain, bloating and exhaustion associated with menstruation, as well as to regulate irregular or absent menstrual cycles.

2) Heals the womb..

Perhaps a result of stress and environmental toxins in our world today, many women suffer from challenges such as uterine fibroids, ovarian cysts and endometriosis. In the same way that yoni steaming supports the uterus to shed old blood, it can help the miraculous organ to expel any non-essential tissue or cells, including polyps, cysts or endometrium growing outside the uterus. The result is a healthier womb, inside and out!



3) Opportunity for a goddess to have relaxation..

To do a yoni steam, a woman sets aside 20-30 minutes of her time to focus on her own well-being and go inward. As she sits with herself, allowing the gentle herbs to encounter her body and release stuck material, she often experiences a powerful release of stored emotions and stress as well. This self-care routine provides an excellent time to reflect, meditate, write in a journal, bringing a profound sense of relaxation and emotional well-being. Overall removal of anything toxic!

4) Deeply connects a woman with her source of power..

Yoni steaming is an opportunity to connect deeply with, celebrate and cherish all aspects of our bodies and their subtle energies, especially that of our yonis. As we learn to enjoy our wombs as the beautiful, sacred centers that they are, we deepen our relationship to the powerful feminine energy that each of us holds within. Using yoni steaming as the entry point, many women have learned to channel the potent energy of their wombs to unlock creative potential that serves their true self and life purpose.



5) Detoxifies..

To truly live in balance, we must detoxify our environment, our relationships and, of course, our own bodies!! Yoni steaming works similarly to the way a steam room is used to draw toxins out of your body via the skin, or an herbal steam is used to clear congestion from your nasal passages when you have a cold. Likewise, steaming the exterior of your vagina draws out toxins and clears congestion from your womb. The gentle heat and moisture cause physical toxins to be released from cells into the lymphatic fluid, which is expelled from the body as sweat.

6) MAKES SEX JUICY!! ..

Yes, you read it correctly! On an emotional level, yoni steaming supports us to cultivate a profound sense of self-love and increases our self-confidence (especially as it relates to our yonis!), which helps us to feel more sexy and sensual. On the physical level, yoni steaming increases circulation and increases lubrication, which can help increase libido and makes sex more enjoyable! And, the very act of steaming is slightly arousing, which helps us get turned on!



7) Helps to increase fertility..

There may be many reasons for fertility challenges, but one of those reasons is induration (hardened lining) and buildup of old material in the venous lakes (folds) on the uterine walls. By breaking up this excess material and releasing it through menstruation, the uterine walls are prepared for a fertilized egg to attach and thrive. In many cases, this is the missing piece of the preparation for a successful pregnancy.

8) Speeds recovery after birth..

The ancient remedy is thought to clear any remaining material from the uterus after birth, assist with the repair of a vaginal tear, episiotomy, or C-section scar, and encourage the tissue to tighten. It is best to wait a week after birth before steaming in order to give the goddess body some time to heal on its own before introducing warm steam.



9) lastly.. it feels GREAT!

Last but certainly not least, Yoni steaming feels great. The warmth increases circulation to the labia and clitoris, and the steam moistens the sensitive tissues, resulting in an ever so slightly tantalizing sensation. Many women experience pleasure from the simple act of treating themselves to this delightful ritual, and that itself should be revered.

It is the body's imperative to be as healthy and efficient as possible. While it is true that your uterus and vagina are self-cleaning and self-regulating organs, yoni steaming is a natural way to support your body to function optimally. Yet, yoni steaming is about more than uterine health. The practice brings a reconnection to the spiritual aspects of female body and the potent energy that lies within. It is not only an opportunity for women to celebrate and cherish our bodies, it is a tool for taking back ownership of our personal health, and for utilizing the wisdom of our ancestors to support and nourish our wellbeing!

Now!!! Are you ready to cherish your treasure at Treasure Box?!

