


*Rebecca Cohen M.D.*

# YONI STEAMING: A FREE GUIDE



**Yoni Steaming, otherwise known as Vaginal Steaming or V-steaming, is a simple, relaxing and enjoyable way to support the health of our female reproductive organs.**

**FULL CIRCLE**  
HOLISTIC



# AN INTRODUCTION TO STEAMING

The following pages will outline the basic how-tos, dos, and don'ts, of vaginal steaming. You will learn about where the traditional practice of Yoni Steaming comes from, who it can benefit, and how to incorporate this practice into your regular self-care.

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*Rebecca Cohen*

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*Your Guide*

REBECCA COHEN, M.D.



## WELCOME TO FULL CIRCLE HOLISTIC

Rebecca Lasky Cohen, MD is a holistic women's healthcare physician and wise woman specializing in pelvic wellbeing throughout all stages of women's lives.

She has spent the last 30 years dedicated to working with women and has had extensive training in midwifery, family medicine, obstetrics, herbal medicine, and traditional healing practices from across the world.

She is mother to nine children and is devoted to orienting women to their own inner-knowing as they thrive in sovereignty, fully realizing their vibrant health and creative potential. Her practice, Full Circle Holistic, seeks to guide women to reclaim their womb wisdom and honor the sacredness of their bodies.

You can learn more about virtual and in-person offerings [serving the Louisville community], at [fullcirclelouisville.com](https://fullcirclelouisville.com)

C H A P T E R

# 01

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## *What is Yoni Steaming?*

What IS Yoni Steaming? Where does it come from? Why do women do this, and does it really work? Learn the basics of what this practice really is and get the background info on how steaming can help YOU!

# WHAT IS YONI STEAMING?

## History

Vaginal Steaming is an ancient practice that is thousands of years old - at least. There is historical evidence of vaginal steaming as a medical and traditional practice for various stages of womanhood on every single continent.

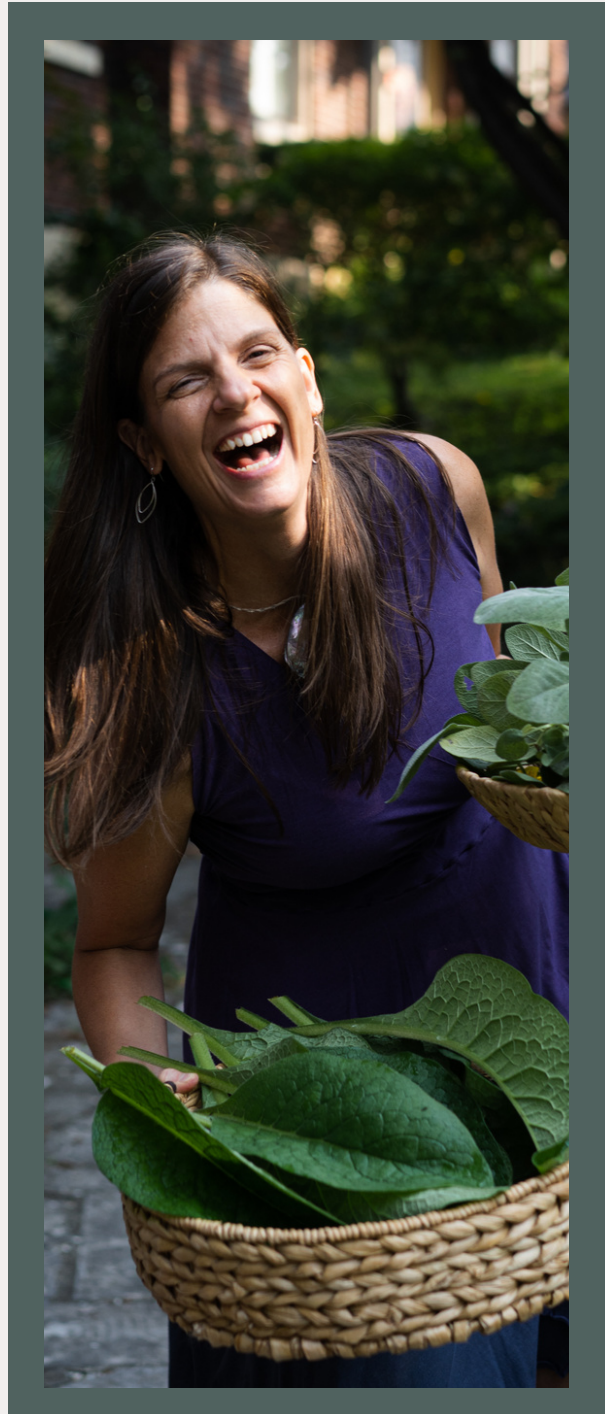
Specifically, vaginal steaming for postpartum healing is one of the most universal and longstanding healing practices of human history post-birth.

Today, western civilizations are only just beginning to remember the immense benefits of steaming, and are slowly bringing this knowledge back to women.

## What is a Yoni Steam?

A Yoni Steam, or Vaginal Steam (sometimes called V-Steam) is the process of sitting or squatting over hot, steaming water - usually with specific herbs for different intentions - and allowing the steam to enter the vagina and cleanse the tissues of the uterus.

The tissues of the **V**ulva (what you see on the outside) and the **V**agina (what can be felt on the inside) are composed of skin and mucous membranes. These delicate tissues are very permeable due to a rich concentration of blood vessels, allowing the benefits of the herbs to diffuse deeply.



### Why should I steam?

Vaginal Steaming is known for healing both internal and soft tissue/external root complications. It is one of the most effective and nourishing ways to heal postpartum. It increases blood flow, stimulates lymph flow, assists with the healing of tissues, and helps your uterus pass & clean out lochia after birth. The process of steaming is also quite simple, relaxing, and soothing on a psycho-emotional level as well.



### Are there risks?

The primary risks of steaming are burning yourself (if you are seated too close to the steam, or it is too hot) or complications resulting from steaming at inappropriate times. These can be avoided by simple education on how to safely set up at steaming-chair, when to steam, and how often.

Read on for these specific recommendations, and remember to always listen to your body first and foremost. If something doesn't feel right - do not continue!



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This ancient practice is a key component to physiological postpartum healing from many indigenous cultures all around the world.

*Rebecca Cohen*



CHAPTER

# 02

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## *How to Steam at Home*

Learn the basic steps to folding this practice into your self-care routines at home, when it is safe to steam, and different steaming set-ups.

## When is steaming appropriate for me?

In general, I recommend 1-2 steams within 7 days before your menses is due. If you are not having regular cycles anymore, steam when you feel like it. When women are no longer having a regular bleed, they do not get the visual (and energetic) reminder to release what no longer serves them. Steaming can be a powerful tool for practicing the ritual of letting go. By steaming monthly, seasonally, in cycle with the moon, or whenever best serves you and your needs, you can create your own time for release.



## Fertility Recommendations

Steaming prior to ovulation can help increase and liquefy cervical mucous to create optimal conditions for the passage of sperm. If you are in a natural cycle, steam once within a few days after your period, and then once just before ovulation, but before intercourse (you don't want to heat up the sperm).

## When NOT to Steam:

Do NOT steam if you are pregnant, have a uterine infection or have vaginal sores/blisters.

# WHAT DO I NEED?

- ✓ A LARGE POT
- ✓ BOILING WATER
- ✓ BLANKETS
- ✓ A STEAMING SEAT THAT ALLOWS YOUR PELVIS TO SIT 1-2 FEET ABOVE THE POT
- ✓ FRESH OR DRIED HERBS, DEPENDING ON YOUR INTENTION (read on for recommendations!)
- ✓ ANYTHING THAT YOU WOULD ENJOY TO SET THE ENVIRONMENT LIKE INCENSE, SOFT MUSIC, CANDLES, ETC.



# THE HOW-TO...



## *Prepare your Herbs*

1) Collect your plants using prayer and intention to heal. If you are using a pre-prepared blend of dry herbs, begin the intention as you handle the package.

## *Embrace the Steam*


3) Place the pot underneath a slatted chair or beneath you as you sit on the edge of a chair. You can also use a supported squat over the pot. Wear socks to keep your feet warm. Drape fully with a blanket around your waist to the floor, and wear something warm from the waist up. Be careful not to allow any draft underneath you. Sit quietly over your pot of herbal steam for around 20 minutes, or when the heat is finished, or when you feel like you are done. The heat should feel pleasant. If it is too warm, remove the pot for a minute and try again.

## *Make your Steam*

2) In a large pot of water, place the plants listed above. Crush the herbs into the water thanking them for helping them with your healing. If it feels right for you, offer prayers to whatever Spirit offers you guidance: God, Goddess, Mother Earth, Christ, etc. It is the prayer and intention that are important. Bring the pot to boil then steep for 10-15 minutes with the lid on.

## *After-Care*

4) Meditate, read, journal and enjoy the pleasure of herbal healing. Do not use this time to scroll through your phone - try to stay present with the sensations. Rest quietly after the herbal steam bath in a warm room free of drafts. Afterward, you may get up and dress warmly, being careful for the next 24 hours to protect your entire body from sudden temperature changes.



Expect changes in your vaginal discharge and menstruation. These are normal cleansing reactions. Contact me at Full Circle Holistic if you have any unusual or concerning discharge in response to this treatment.

*Rebecca Cohen*

C H A P T E R

# 03

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## *Herbs for Steaming*

Learn about how different herbs can alter your steaming session and how to utilize herbal properties to address specific issues. Different plants will lend different qualities to the steam.

# HERBS FOR YONI STEAMING SPECIFIC TO *Postpartum:*

- ✓ YARROW
- ✓ CALENDULA
- ✓ COMFREY
- ✓ PEPPERMINT
- ✓ ROSE
- ✓ SAGE
- ✓ URVA URSI
- ✓ VIOLET
- ✓ YARROW
- ✓ CALENDULA
- ✓ COMFREY
- ✓ LEMON BALM
- ✓ ROSE
- ✓ VIOLET



### Other Herbs and their Supportive Uses for Vaginal Steaming...

**Basil** (antibiotic, pain-reducing), **Ginger** (promotes circulation, eases itching), **Lavender** (antispasmodic, calming), **Marigolds** (cleansing, calming, spiritually healing), **Plantain** (anti-inflammatory, soothing due to allantoin), **Rosemary** (astringent, antiseptic, increases circulation), **Urva Ursi** (astringent, urinary tract support), **Witch Hazel** (astringent, anti-inflammatory), **Calendula** (anti-inflammatory, moisturizing, antioxidant, soothing), **Comfrey** (anti-inflammatory, wound-healing, bruise-reducing), **Lemon Balm** (anti-inflammatory, antibacterial, reduces swelling), **Rose** (astringent, antioxidants, Vitamin A, moisturizing, soothing), **Violet** (anti-inflammatory, cooling, soothing), and **Yarrow** (astringent, styptic, antiseptic).



### *Plant Relationships*

I have been creating vaginal steam herbal blends for almost ten years now. This ancient practice is a key component to physiological postpartum healing from many indigenous cultures all around the world, but is often forgotten in modern day women's-health culture.

As I grow more of my own herbs for steaming blends, I find myself in deeper relationship with these plant-teachers, these original medicines. Creating medicine and healing tools for women in this way, is a sacred art - a practice.



# HERBAL BLENDS FOR STEAMING



## *Fibroid Formula*

This blend is specially formulated to assist with moving stagnation and support resolution of fibroids. This herbal combination is directly drawn from centuries old Maya Healing Tradition: **Basil, Calendula, Oregano, and Sage.** Buy it in my Apothecary!

## *General Uterine Health*

This cleansing, aromatic herbal formula is traditionally used in Central America as a uterine lavage to support uterine health: **Organic Basil, Calendula, Lavender, Lemon Balm, Oregano, and Yarrow.** Buy it in my Apothecary!

## *Endometriosis Blend*

This is our specially formulated blend made to support women with endometriosis: **Calendula, Roses, Oregano, and Yarrow.** Buy it in my Apothecary!

## *Hydration Blend*

Hydrate your root and increase the suppleness of your tissues with this hydrating blend. It is not just healing for postpartum mothers, but also excellent for perimenopause, menopausal women, and for nursing moms: **Chamomile, Lavender, and Marshmallow.** Buy it in my Apothecary!



# THANK YOU FOR READING

Our prayer at Full Circle Holistic is that this information finds you well and supports you or the women you serve with the sacred and ancient practice of Yoni Steaming.

Read on for more ways to work with me personally, wherever you are, and for information on women-centric events for the Louisville, KY community.

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*Rebecca Cohen*

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WORK WITH REBECCA

# SEEKING MORE SUPPORT?

Full Circle Holistic is a radical, holistic women's health practice designed to uplift and support women in all stages of life. We have a variety of virtual package offerings as well as in-home and in-office services for women in the Louisville, KY. area.



Visit our website to learn more and book a service with radical obstetrician, midwife, wise woman, and radical birthkeeper Rebecca Cohen, M.D. We offer in-home postpartum care, hands-on healing techniques such as Mayan Abdominal Therapy, Innate Traditions certified care, educational postpartum virtual sessions, birth trauma debrief sessions, Holistic Pelvic Care, and more.

[www.fullcirclelouisville.com](http://www.fullcirclelouisville.com)

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