

Yoni Steam Blend



Yoni Steaming Plant Blend by Da Lua Herbs for women's intimate health.

Yoni steaming is an ancient and sacred practice present across most traditional cultures over the world.

Like a nurturing sauna for our vagina and womb, it cleanses, it tones, **treats infection** & it is soothing, loving and **healing** for both physical and emotional wounds. It works to mend our relationship to the feminine and has amazing properties.

This specific blend of herbs helps **relieve menstrual cramps** & bloating. Supports the **regulation** of the menstrual cycle. Increases **fertility** and has anti-bacterial & anti-inflammatory **properties**. Great toner of womb muscles.

Ingredients

A) Helichrysum, sage, corn husks, calendula, broadleaf plantain, globe amaranth & hemp.

B) Sage, corn husks, calendula, artichoke, globe amaranth & jasmine petals.

See properties of the base plants and aromatic plants. —————>

Contraindications

Avoid during pregnancy or during menstruation. Women with IUD shouldn't steam for more than 10-15min. In case of heavy menstrual flow, avoid in the pre-menstrual phase.

Dosage & Use

Set up a calm and nurturing space for yourself, light a candle or an incense stick. Boil 1L of water, make an infusion with 1-2 teaspoons of the Herbal Blend, and place it in a bowl or pot (preferably clay). Once the steam is lukewarm, squat over the bowl without underwear. Cover yourself from the waist down (with a long skirt, dress or a blanket), keeping the steam of the herbs very close to the entrance of the vagina (you can squat, rest your knees on pillows, lean against a chair or create a yoni stool with a hole in the seat). Close your eyes, tune in and enjoy that soft moment of self-care and total presence, for 10-20min or until the steam starts cooling down.



Properties of Yoni Steam Blend plants

- Significantly relieves & reduces menstrual cramps & bloating
 - Regulates irregular or absent menstrual cycles
 - Regulates menstrual flow and reduces dark/brown blood clots at the onset or end of menses
 - Has anti-bacterial & Anti-inflammatory properties
 - Helps treat chronic vaginal/yeast infections, and maintain healthy odour
 - Helps to treat uterine fibroids, ovarian cysts, uterine fatigue/weakness & prolapse
 - Speeds healing and tones the reproductive system after birth
 - Increases sex drive and tones vaginal muscles
 - Increases fertility
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- Cleansing plants: oregano, sage, thyme, mallow, helichrysum
- Soothing plants: lavender, rose, chamomile, calendula, globe amaranth
- Revitalizing plants: rose, calendula, rosemary, hibiscus, hemp
- Plants to stimulate bleeding (if needed): oregano, mint, rue, mugwort
- Tonifying plants: broadleaf plantain, raspberry leaf