

YONI STEAM 101

A "Yoni Steam," also known as a vaginal steam or "V-Steam" describes the process of sitting on a stool over a bowl of mildly steaming herbs. The steam is effective by allowing medicinal plant oils to be absorbed into the exterior tissues of the vagina. These healing properties are then absorbed through the bloodstream and carried into the tissues of the body. Benefits may include relaxation, reconnection, increased lubrication, balanced hormones, increased circulation to the uterus, toned and tightened cavity, expelled parasites, weight loss, more pleasurable menstrual cycles, fertility, released trauma, shrinking fibroids and cysts, etc.