



# YONI STEAMING

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**@THEREALYONIFAIRY**  
**WWW.YONIFAIRY.COM**

*the*  
**YONI**  
FAIRY

# TABLE OF CONTENTS

Disclaimer	Page 3
What You Need	Page 4–7
Prescreening	Page 8–18
Herb Priority List	Page 19
Steam Session Preparation	Page 20
Steaming Schedule	Page 21
Hard Contraindications	Page 22
Soft Contraindications	Page 23
Fertility Schedule	Page 24
Sensitivities	Page 25 & 26

# DISCLAIMER

**These statements have not been evaluated by the FDA. All products and information are intended for educational purposes only and should not replace the advice of your medical practitioner. Yoni Fairy will not be liable for any statements or misuse of products. We do not make claims or guarantees to cure diseases or ailments of any kind.**



WHAT YOU NEED

### Herb pot

After taking a yoni steam class, I no longer recommend steaming with the yoni seats that I sell (I only recommend it when using the yoni soak). It is at your discretion if you still want to steam with the yoni seat since its made out of medical grade polymer. However, my instructor recommends pots made of:

- enamel
- earthenware (food safe)
- metal (stainless steel)
- glass

[ON AMAZON](#)

### Yoni seat

My instructor also didn't recommend steaming over the toilet due to sanitary reasons. However, where and how you steam is, of course, **at your own discretion** (If you don't have a steam chair or box please at least make sure your toilet is very clean before placing the bowl in toilet bowl).

I currently do not sell chairs for steaming but they can be found on amazon.

- yoni chair
- electric yoni seat
- toilet (not recommended but its up to you)



Yoni V-Pot Kit, Electric Steaming Seat for Women with Steaming Herbs - Supports Healthy Ph Balance, Menstrual Support, Postpartum Care, Cleanse Vaginal Odor...

Color: Purple



ON AMAZON FOR \$99



BRMDT Portable Toilet for Camping, Foldable Outdoor Temporary Commode, Emergency Porta Potty/Bathing Auxiliary Stool for Elderly & People with Mobility...



ON AMAZON FOR \$31

### **Cloaking** (*not required*)

Some people like to increase sweating + detox from the steam session and wear cloaks to maximize that benefit. However, this isn't recommended for everyone. Those who classify as having heat sensitivities should not steam. Things to wear to increase sweat include:

- cloaks
- robe
- towel
- blanket

ON AMAZON \$23

WHAT YOU NEED (CONT.)

IMUSA USA GAU-80305  
Electric Single Burner 1100-  
Watts, Black

Color:Black



ON AMAZON FOR \$13

### **Heater** (*not required*)

Some people steam with a heater set up.

Meaning their pot is still on the source of heat (ex. an electric burner). If you are steaming over a toilet this option does not apply to you (only people who steam with a yoni chair). Steaming with no heater set up is also for those who have heat sensitivities; first time steam users; Short menstrual cycles (27 days or less between the start of consecutive periods); Fresh interim bleeding or spotting in between periods (or more than one period per month).

For those who do want to steam with a heater set up remember it is all about comfortability. Some heaters have different heat settings & some pots hold heat differently.

WHAT YOU NEED (CONT.)

## Herbs

Yoni steaming is a bit more complex than what it may seem. It is important to understand some people shouldn't steam with certain herbs. Because of this I encourage everyone to answer the intake questions at the end/beginning of each menstrual cycle.

I also encourage everyone to download a period tracking app, such as flo. The length of your menstrual cycle will be factored in when selecting your herbal blend.

**I now offer 4 herbal blends:**

- 1. Hemostatic (short cycle)**
- 2. Cooling (excess heat)**
- 3. Disinfecting (infections)**
- 4. Cleansing (long/missing cycle)**

**\*THESE BLENDS ARE NOT TO BE MIXED TOGETHER.** If you qualify for more than 1 blend you may rotate blend with each steam session.

WHAT YOU NEED (CONT.)

YES. / NO

# PRE-SCREENING

HARD CONTRAINDICATIONS: THERE ARE TIMES WHEN IT IS NOT BENEFICIAL FOR WOMEN TO YONI STEAM.

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01 ARE YOU CURRENTLY ON YOUR PERIOD? YES NO

---

02 DO YOU CURRENTLY HAVE FRESH SPOTTING WITHIN THE LAST 24 HRS? (RED BLOOD)? YES NO

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03 HAVE YOU HAD SPONTANEOUS HEAVY BLEEDING WITHIN THE LAST 3 MONTHS? YES NO

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04 HAVE YOU HAD TWO PERIODS PER MONTH (EX.EVERY 2 WEEKS) IN THE PAST 3 MONTHS? YES NO

---

05 ARE YOU PREGNANT? YES NO

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06 IF TRYING TO CONCEIVE ARE YOU PAST OVULATION OR IUI/IVF TRANSFER? YES NO

---

*If you answered yes to any of the above questions, this indicates that yoni steaming is contraindicated. It is not safe and could result in negative side effects such as the onset of bleeding or a miscarriage. Steaming should not be performed at this time. Continue questions if you answered no to all.*





YES. / NO

## PRE-SCREENING

SOFT CONTRAINDICATIONS: STEAMING IS NOT FOR EVERYBODY ALL THE TIME. SOMEONE WITH SOFT CONTRAINDICATIONS SHOULDN'T YONI STEAM BUT HAVE THE CHOICE TO DECIDE FOR THEMSELVES.

---

01	DO YOU HAVE AN INFECTION CHARACTERIZED WITH A BURNING ITCH?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	DO YOU HAVE TUBAL COAGULATION (BURNING OF THE FALLOPIAN TUBES THROUGH LAPAROSCOPIC SURGERY THROUGH THE BELLY BUTTON)?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	HAVE YOU HAD A UTERINE ABLATION PROCEDURE?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	DO YOU HAVE AN ESSURE INSERT?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	IF <u>TRYING TO CONCEIVE</u> ARE YOU PAST OVULATION OR IUI/IVF TRANSFER?	YES <input type="checkbox"/>	NO <input type="checkbox"/>

---

*If you answered yes to any of the above questions, this indicates that yoni steaming is softly contraindicated (meaning steaming may not be as beneficial but it's at your own discretion).*



YES. / NO

# PRE-SCREENING

SENSITIVITIES: IF YOU ARE IN THIS CATEGORY THEN IT IS OKAY TO STEAM, HOWEVER YOU'RE STEAM SESSION AND HERBS SHOULD BE ADJUSTED SO THAT YOU SEE MAXIMIZED RESULTS.

---

## UTERINE BLEEDING SENSITIVITY

01 ARE YOUR MENSTRUAL CYCLES CURRENTLY OR HISTORICALLY EVER 27 DAYS OR SHORTER? YES NO

---

02 DO YOU HAVE A HISTORY OF SPONTANEOUS BLEEDING OR 2 PERIODS PER MONTH (3 MONTHS AGO OR LATER IN THE PAST)? YES NO

---

*If you answered yes to any of the above questions, this indicates that you are prone to bleeding.*

*I recommend:*

- **The no heater set up**
- **Steaming for 10 mins**
- **Cloaking is optional (as desired)**



YES. / NO

## PRE-SCREENING

SENSITIVITIES: IF YOU ARE IN THIS CATEGORY THEN IT IS OKAY TO STEAM, HOWEVER YOU'RE STEAM SESSION AND HERBS SHOULD BE ADJUSTED SO THAT YOU SEE MAXIMIZED RESULTS.

---

### HEAT SENSITIVITY

01 HAVE YOU EXPERIENCED ANY HOT FLASHES OVER THE PAST MONTH? YES NO

---

02 HAVE YOU EXPERIENCED ANY NIGHT SWEATS OVER THE PAST MONTH? YES NO

---

03 ARE YOU CURRENTLY OR HISTORICALLY PRONE TO YEAST INFECTIONS? YES NO

---

04 ARE YOU CURRENTLY OR HISTORICALLY PRONE TO BV? YES NO

---

04 ARE YOU CURRENTLY OR HISTORICALLY PRONE TO UTI? YES NO

---

05 DO YOU HAVE ACTIVE OR DORMANT HERPES? YES NO

---

*If you answered yes to any of the above questions, this indicates that you have excess heat in your body.*

*I recommend:*

- **The no heater set up**
- **Steaming for 10 mins**
- **Not cloaking**



YES. / NO

# PRE-SCREENING

SENSITIVITIES: IF YOU ARE IN THIS CATEGORY THEN IT IS OKAY TO STEAM, HOWEVER YOU'RE STEAM SESSION AND HERBS SHOULD BE ADJUSTED SO THAT YOU SEE MAXIMIZED RESULTS.

---

## MEDICAL SENSITIVITY

01 DO YOU HAVE AN IUD? YES NO

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02 DO YOU HAVE A NUVA RING IN? YES NO

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*If you answered yes to any of the above questions, this indicates that you have medical sensitivities. If you have a nuva ring take it out before the session and then put it back in after the session. If you have a plastic or copper IUD you can still steam however I recommend:*

- **The no heater set up**
- **Steaming for 10 mins**
- **Cloaking is optional (as desired)**



YES. / NO

# PRE-SCREENING

SENSITIVITIES: IF YOU ARE IN THIS CATEGORY THEN IT IS OKAY TO STEAM, HOWEVER YOU'RE STEAM SESSION AND HERBS SHOULD BE ADJUSTED SO THAT YOU SEE MAXIMIZED RESULTS.

---

## 1ST TIMER/AGE SENSITIVITY

01 IS THIS YOUR FIRST TIME DOING A STEAM SESSION? YES NO

---

02 ARE YOU 13 OR YOUNGER? YES NO

---

*If you answered yes to any of the above questions, I recommend the following:*

*I recommend:*

- **The no heater set up**
- **Steaming for 10 mins**
- **Cloaking is optional (as desired)**



YES. / NO

# PRE-SCREENING

SENSITIVITIES: IF YOU ARE IN THIS CATEGORY THEN IT IS OKAY TO STEAM, HOWEVER YOU'RE STEAM SESSION AND HERBS SHOULD BE ADJUSTED SO THAT YOU SEE MAXIMIZED RESULTS.

---

## 1ST TIMER/AGE SENSITIVITY

01 IS THIS YOUR FIRST TIME DOING A STEAM SESSION? YES NO

---

02 ARE YOU 13 OR YOUNGER? YES NO

---

*If you answered yes to any of the above questions, I recommend the following:*

*I recommend:*

- **The no heater set up**
- **Steaming for 10 mins**
- **Cloaking is optional (as desired)**



YES. / NO

# PRE-SCREENING

HERB SELECTION: REMEMBER NOT ALL HERBS ARE FOR EVERYONE. THESE QUESTIONS WILL SCREEN YOU FOR HEMOSTATIC (BLOOD STOPPING) HERBS.

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## INDICATORS FOR A HEMOSTATIC HERB FORMULA

01 DO YOU EVER HAVE MENSTRUAL CYCLES 27 DAYS OR LESS? YES NO

02 IN THE PAST MONTH, DID YOU HAVE FRESH SPOTTING MENSTRUAL DAY 27 OR EARLIER? YES NO

03 HAVE YOU HAD ONGOING BLEEDING (LASTING 10 DAYS OR LONGER) WITHIN THE LAST 3 MONTHS? YES NO

04 DO YOU HAVE A HISTORY OF SPONTANEOUS OR 2 PERIODS PER MONTH? YES NO

04 ARE YOU 12 YEARS OR YOUNGER? YES NO

---

*If you answered yes to any of the above questions, this indicates that you should steam with our hemostatic blend **ONLY**. This blend is specifically formulated for cycles 27 days or shorter. Do not rotate or switch blends until you're cycle becomes 28 days or longer.*



YES. / NO

# PRE-SCREENING

HERB SELECTION: REMEMBER NOT ALL HERBS ARE FOR EVERYONE. THESE QUESTIONS WILL SCREEN YOU FOR COOLING/MOISTURIZING HERBS.

## INDICATORS FOR A COOLING/MOISTURIZING HERB FORMULA

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01	DO YOU HAVE VAGINAL DRYNESS?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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02	HAVE YOU EXPERIENCED HOT FLASHES OR NIGHTSWEATS RECENTLY?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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03	DO YOU HAVE ANY TYPE OF DRY GENITAL INFECTION (WITHOUT DISCHARGE)	YES	NO
----	-------------------------------------------------------------------	-----	----

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04	DO YOU RADIATE HEAT?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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04	DO YOU HAVE AN AVERSION TO HEAT?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
----	----------------------------------	---------------------------------	--------------------------------

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05	IS THE WEATHER CURRENTLY HOT?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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*If you answered yes to any of the above questions, this indicates that you should steam with our cooling/moisturizing blend. This blend is **universal and recommended for people with heat sensitivities.***





YES. / NO

# PRE-SCREENING

HERB SELECTION: REMEMBER NOT ALL HERBS ARE FOR EVERYONE. THESE QUESTIONS WILL SCREEN YOU FOR DISINFECTING HERBS.

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## INDICATORS FOR A DISINFECTING HERB FORMULA

01 DO YOU HAVE GREEN VAGINAL DISCHARGE? YES NO

02 DO YOU HAVE YELLOW VAGINAL DISCHARGE? YES NO

03 DO YOU HAVE THICK VAGINAL DISCHARGE? YES NO

04 DO YOU HAVE CLUMPY WHITE VAGINAL DISCHARGE? YES NO

04 ARE YOU PRONE TO YEAST OR BACTERIAL INFECTIONS? VIRUSES? YES NO

05 DO YOU HAVE MALODOROUS (BAD SMELLING) VAGINAL DISCHARGE? YES NO

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*If you answered yes to any of the above questions, this indicates that you should steam with our disinfecting blend.*

***\*\*However, If you experience regular vaginal dryness don't use this blend (use cooling/moisturizing).***



YES. / NO

# PRE-SCREENING

HERB SELECTION: REMEMBER NOT ALL HERBS ARE FOR EVERYONE. THESE QUESTIONS WILL SCREEN YOU FOR CLEANSING HERBS.

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## INDICATORS FOR A CLEANSING HERB FORMULA

01 ARE YOUR MENSTRUAL CYCLES 28 DAYS OR LONGER? YES NO

02 IS YOUR MENSTRUAL CYCLE ABSENT OR MISSING? YES NO

03 ARE YOU CURRENTLY TAKING BIRTH CONTROL PILLS? YES NO

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*If you answered yes to any of the above questions, this indicates that you should steam with our cleansing blend. This blend is formulated with **blood moving herbs for people with long or missing cycles** (not for women with uterine bleeding sensitivities). This blend is also recommended for women who take oral contraceptives (the pill).*

\*\*If your cycle shortens to 27 days or less, switch to hemostatic next.



# HERB PRIORITY LIST

01

## HEMOSTATIC

Gentle blend to strengthen the uterus, promote a healthy menstrual cycle length and prevent irregular uterine bleeding. \*IF YOU QUALIFY FOR THIS BLEND YOU CAN ONLY STEAM WITH THIS BLEND UNTIL YOUR CYCLE BECOMES 28 DAYS OR LONGER\*\*

02

## COOLING

Promotes circulation and helps diffuse night sweats, hot flashes and vaginal dryness, while also supporting a healthy menstrual cycle and uterine cleanse. \*RECOMMENDED FOR THOSE WITH HEAT SENSITIVITIES\*\*

03

## DISINFECTING

Restorative blend contains anti-septic herbs which eliminate bacteria, yeast and viruses. It also deodorizes and resets the vaginal flora, calms the nervous system and lifts moods.

04

## CLEANSING

Contains circulatory herbs to promote the strongest impact to clean out the uterus. This blend is specific for women who having missing or long cycles & do not experience bleeding sensitivities,

- *Cooling, Disinfecting, & Cleansing can be rotated as long as its not within the same steam session.*
  - *ex, day 1: disinfecting.. day 2: cleansing.. day 3:disinfecting*
- *Uterine bleeding sensitivity is 1st priority*
- *Heat sensitivity is 2nd priority.*



# STEAM SESSION

## PREPARATION

Although steaming is therapeutic and beneficial, it is not for everybody all the time. Someone with hard contraindications should not yoni steam.

1) Boil water in herb pot and then remove from heat. \*\*Usually 6 cups (1.5 quarts or liters) works well. Less or more water is okay based on pot size or preference.

2) Add herbs and then cover.

3) Let sit for 10 minutes.

4) Check temperature until desired heat level. (The temperature should be nice like a warm shower)

5) Remove bottoms and sit or kneel over steam.

# STEAMING SCHEDULE

It is beneficial and recommended to steam weekly or 3 days before your period and 3x after.

## WEEKLY STEAMING

- You can steam 24 hours after your period (red blood) stops.
- Steam 1x every week after this until your period starts again.

## PERIOD BASED

- Steaming three consecutive days prior to the onset of your period and three consecutive days after your period is a great way to prepare your body for your upcoming period, while also cleansing the body after the period ends and to help prepare for the next period. So if your period arrives on cycle day 28, I recommend you steam on days **23, 24 and 25**. The start of your period is considered cycle day 1. When your period is completely over, we recommend waiting 24 hours and steaming the next three consecutive days.

\*\*Period is over when there's no more fresh red blood (brown blood/residue is old menses; you can steam if you're experiencing this).

\*\*If your cycle is shorter than 28 days, count backwards (ex. 22 day cycle= steam on days 19, 20, & 21).

\*\*If your cycle is longer than 28 days, still steam on days 23, 24, & 25.

# HARD

## CONTRAINDICATIONS

Although steaming is therapeutic and beneficial, it is not for everybody all the time. Someone with hard contraindications should not yoni steam.

### 1. **Fresh menses (monthly period):**

Never steam on your period.

2. **Fresh Spotting:** Red blood (this doesn't include brown spotting). Don't steam if you have fresh spotting.

3. **Spontaneous bleeding:** More than 1 period a month. If you've had SB within the last 3 months, it is recommended not to steam (wait 3 months). If you've had a history of SB but it's been longer than 3 months you may steam (note that you have uterine bleeding sensitivity).

4. **Pregnancy:** Don't steam if pregnant

5. **Post surgery:** Wait for doctor to declare you as healed (ex. 6 week checkup).

# SOFT

## CONTRAINDICATIONS

Although steaming is therapeutic and beneficial, it is not for everybody all the time. Someone with soft contraindications shouldn't yoni steam but have the choice to decide for themselves.

1. **Burning itch:** If one's genitalia is experiencing a burning itch. Burning is an indication of excess heat in the body. Yoni steaming may cause more discomfort. I would recommend a sitz bath with our yoni soak & our yoni oil. (note you have heat sensitivity).

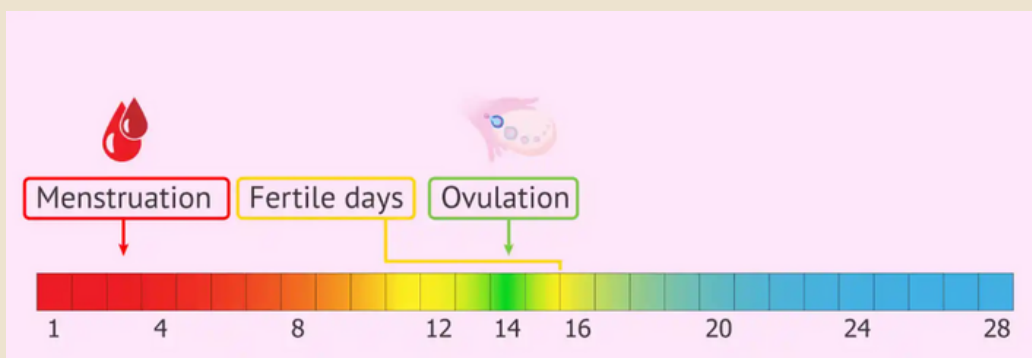
2. **Medical:** If you're on birth control, have had tubal coagulation, endometrial ablation, or uterine fibroid embolization it is up to you if you still would like to steam. \*\*If you would like more information on this I recommend dm'ing me or conducting further research. (note you have medical sensitivity).

# FERTILITY SCHEDULE

If you're trying to conceive I no longer offer a specific blend that targets fertility. The goal of my yoni steam collection is to regulate healthy menstrual cycles. Typically, yoni steaming on a schedule will make implantation easier. The best chances of conceiving naturally or with reproductive assistance is to work on cleaning all old residue out of the uterus first.

This is where yoni steaming becomes beneficial. To promote a healthy uterus & regulate a healthy menstrual cycle, **I recommend steaming with my herbs for at least 3-6 months consistently. Steam 1x a week, and maybe 2x during pre-ovulation. Never steam during or after ovulation.**

Once your cycle is 28-30 days for at least 3 months in a row, I then would recommend going to a yoni steam practitioner in your area. The practitioner will create a blend tailored to meet your specific needs.





**Different steam users  
require different set ups:**

### **Heat Sensitivity**

Excess heat exists in the body. Examples:

- **fever**
- **night sweats**
- **heat stroke**
- **genital infections**
- **sunburn** (yeast, bacterial, UTI)
- **hot flashes**
- If you have any of the above ^ you should:

- Use the no heater set up
- Only steam for 10 mins
- Not steam with a cloak
- You can steam if you have a genital infection as long as there is no burning itch. If you have a burning itch you should not steam.

### **Medical Sensitivity**

People with IUD's (plastic & copper) can steam. However they should:

- Use the no heater set up
- Steam for only 10 mins
- Cloak (as desired)
- wait 6 weeks after surgery until doctor has cleared you

# SENSITIVITIES (CONT.)

## First Time Steamers

Should be treated like a sensitive user

- No heater set up
- Only steam for 10 mins
- Cloak (if desired)

## Age Sensitivity

Reproductive organs are still developing.

Children 12 & younger should:

- No heater set up
- Only steam for 10 mins
- Cloak (if desired)

## Uterine Bleeding Sensitivity

- **fresh spotting**
- **short cycles**
- **spontaneous bleeding (27 days or less)**

If any of the above ^ you should:

- Use the no heater set up
- Steam for only 10 mins
- Cloak (as desired)

## If no contraindicators or sensitivities:

- Heater set up is recommended but optional (dont have to use burner)
- Steam for 30 mins
- Cloak (as desired)