



— Rose care —

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YONI
STEAM

Ritual Guide

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A YONI STEAM

About

Since ancient times wise women have practised the ritual art of Yoni or herbal pelvic steaming to connect, nourish, heal, reawaken and harness the healing powers of the womb. This art incorporates the essence and medicine of water, plants and flowers to support the natural self-healing and restorative nature of the Womb.

This is a gentle and potent way to celebrate all phases of womanhood. It re-educates us on integrating practices that empower body autonomy and womb, heart and mind coherence. It is a soft way to receive their medicinal properties. Steam itself is a beautiful soft light conduit of water that transports the crystalline nature of the water and the healing qualities of the herbs, plants and flowers. The steam delicately enters the yoni, womb and pelvis unlocking keys and magical potentials within. The yoni steam offer benefits to our physical, emotional and energetic nature. The womb stores information, memories and imprints that can be deeply hidden within. The Yoni Steam is a non-invasive modality and travels through the vagina and into the womb. The vaginal tissues are delicate and super absorbent and rich in blood supply which means the medicinal qualities of each plant or flower directly enters the bloodstream.

*A woman who
heals herself, heals
her mother, heals
her daughter, and
heals every woman
around her. You
become a light that
creates a rippling
effect”*





RITUAL BENEFITS

The Yoni steams bring balance and support the womb's natural vitality and healthy biosphere within.

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- Benefits include prevention and treatment for bacterial imbalance, (yeast and bacterial infections).
- The steam heals and tones the tissues of the vagina
- Regulates menstrual cycle and flow - such as decreasing flow or restoring an absent cycle; it can also help to clear blood clots
- Reduces symptoms of bloating, cramping, and pain during menstruation *when done prior to menstruation, it helps reduce the severity of symptoms
- Increases fertility
- Heals and clears uterine fibroids, ovarian cysts, and endometriosis
- Helpful for pelvic pain, pain during inter-

course, vaginal dryness, or tightness

- Trauma & emotional healing and a reconnection to femininity and sacredness of the womb
- Postpartum healing, healing from a miscarriage, abortion and loss
- Heal and prevent haemorrhoids
- Supports complete cycles pre-menopause
- Relieve vaginal dryness during menopause
- Heals scar tissues
- Uterine and bladder prolapse



YONI STEAM

AWARENESS & contradictions

The Yoni steam is not for everyone so please use your inner guidance or speak to a professional if guided. I recommend speaking to a herbalist for deeper insight into plants or flowers if you feel to do so.

- HEAT Remember steam is hot. Go slowly and be sure to check the temperate of the steam before you steam the Yoni.

- Use only Organic plants, herbs, root or flowers.
- Do not steam if you have an IUD
- Do not steam if there is excess heat in the body due to fever.
- Do not steam when bleeding- steams are amazing to do a week before our bleed and after but not during.
- Pregnancy- do not stream during pregnancy. If you are trying to conceive then do not steam after ovulation or during the luteal phase of your cycle.
- Essential oils are too strong for the yoni tissues. Using whole and organic plants is key to receiving the essence and medicine innate within the plant or flower.
- Water- use spring or filtered water.

“You and I are one.”
plant spirit.



What you need for your Yoni Steam!

You need a seat/stool it can be a DIY stool or you can buy one from a crafter.

A cloth to cover your lower body and the upper body if you wish to be fully enveloped. You can use a cloth or towels dedicated to this practice. This is to cover and direct the steam. It is recommended that if you feel the cold on your feet to wear socks. I also love to cover my whole body during the ritual at times.

A large dedicated pot with a lid for Yoni Steaming. Fill the pot with at least 3 to 4 cups of spring water.

There are different streaming methods. My personal preference is to bring the water to almost boiling. Add the herbs and simmer for a few minutes. Turn off the heat and steam the herbs and flowers in the water for at least 10 minutes. When my stool is set up, I then transfer the steam to another dedicated pot that goes in my DIY stool.

Add 2 handfuls of organic medicinal herbs, flowers or roots dry or fresh. It is recommended to use fresh when you can, especially in the summer months where we can forage for these beautiful magical herbs, plants and flowers.

Create a dedicated space in your home, yoga space or outside. In the summer months, I steam outside under the moonlight. In the winter I sit by the fire.

Ensure you have what you need before beginning, pen, journal, candle, sage, and flowers.

Steaming

Set sacred space and smudge the space and light your candle. Prepare your stool and your body and then sit on your stool or over the steam for 20-30 minutes. Wait another 5 minutes if the steam is too hot. Cover yourself with your sacred cloth and towels to channel the steam. Whilst steaming meditate, breathe, be still, sing, recite a mantra and enjoy.

*My womb is my gateway to
the
Great Rose Spirit*

Venean eu ante turpis. Ut sit amet egestas ipsum. Sed ultrices cursus enim, nec dictum lectus-
gestas. Sit amet. Etiam et tortor at libero tincidunt egestas. Mauris consequat consequat nulla. Et
ornare enim venenatis sit amet.

PLANT MEDICINE

Inter-connection

Plants are magical, powerful and healing teachers, allies and guides. They are sentient beings that contain frequencies and levels of consciousness that open up doorways in our bodies returning us home within.

I will share an intimate group of plants and flowers. The information provided is my personal intuitive experience with the plants and I would invite that each woman listens to their inner guidance on which plants to work with.

Plant spirit medicine is the way of the ancient shamans of Mother Earth. It is a path of gnosis, union and oneness. It is a communion with the sacredness in all of life and an alchemy of Gaia's wisdom and the Shekinah. Medicine women recognise and honour the potent power of the plant's 'essence' and its wisdom to reach the deepest parts of our soul.



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Yarrow

Achillea millefolium

Yarrow's Latin name "Achillea millefolium" is said to derive from the Greek hero Achilles, who was dipped in the River Styx to make him immortal.

Yarrow is an astringent and tones the vaginal tissues. She increases menstrual flow and clears stagnation to support those who experience ovarian cyst and uterine fibroids. Yarrow strengthens blood circulation and improves blood flow. It is known to dilate the capillaries, which in turn increases circulation.

Emotional and Spiritual Gifts

Yarrow is a spiritually protective plant that encourages us to maintain healthy and loving boundaries. She reminds us to integrate a self-love care ritual into our day. She supports those who are healing from toxic relationships, heartache, anxiety and those who are doing advanced spiritual work and healing simultaneously.

She blossoms in all the pinks, white and yellow.



Chamomile

Matricaria chamomilla

Chamomile has enjoyed a rich history as a spiritual and medicinal herb. Records of its use date back to the ancient Romans, Greeks and Egyptians who believed the flowers contained both magical and healing properties.

Considered the herb of the sun, drinking chamomile tea was thought to restore vital energy sources, instil positive energy and bring prophetic dreams. It was dedicated to the sun god RA by the Ancient Egyptians whilst some Germanic tribes dedicated it to their sun god Baldur. Chamomile is a versatile calming and soothing herb, beneficial for reducing inflammation, redness, itchiness and swelling. It reduces the symptoms of menstrual cramps and healthy digestion by relaxing the nervous system and brain.

Emotional and Spiritual Gifts

The medicine of chamomile invites us to fully embody our queen essence to honour our true cycles and rhythms through our inner power. She calms our inner emotions and shines the light on our true soul's signature. Healing lack of willpower and self-doubt. Chamomile has an affinity with the solar plexus and she is regarded as a master healer to the gut through aligning to our true needs.



Lavender

Lavandula officinalis

The most amazing herb for soothing anxiety and calming the nervous system. it is a mild sedative that is cooling, uplifting and nourishing in nature. She can support the healthy flow of the blood and other hormonal fluids. She supports balance, sleep and reduces tension in the body and mind.

Emotional and Spiritual gifts

Lavender spirit and essence offer us a deep connection to the balanced state of being by relaxing the overall physical and subtle bodies. She restores, repairs and grounds.



Rose

Rosa

The Rose Queen is a great protectress and teaches us how to honour and care for our sacred power, our sexual and sensual nature and our soul's path. She supports creating healing and loving boundaries through knowing 'thysel' more intimately. Her soft powers call us home through the journey of re-awakening our inner sexual flame (eros). Her medicine softly decodes energetic templates and patterns of fear, grief, overwhelm, sadness, betrayal or low self-esteem whilst ushering in codes of unity and well-being.

Rose is a powerful medicine that tones and lifts the tissues of the yoni. Rose relaxes the pelvic floor muscles and encourages balance in the blood flow reducing cramps, clots and stagnation.

Emotional and Spiritual gifts

Rose teaches us the sacred and holy gifts and wisdom of the Womb. She reminds us that our sexuality and sensuality is holy and inherently pure, supporting those healing from sexual trauma, abuse or oppression.



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Rosemary

Rosemarinus officinalis

Rosemary has a long history of use in native Europe. Being woven into garlands, smudge sticks and burned as incense. She is used in places of worship and is revered for her gifts of aiding memory and brain clarity.

Rosemary increases circulation and encourages fresh blood flow to the reproductive organs. She clears away stagnation, reduces inflammation and encourages healthy blood flow

Emotional and spiritual gifts

Rosemary is grounding and supports our integration process. She centres us into wholeness and self-love. She is used for cleansing ancestral pain and connecting us to the wisdom of our ancestors. She has powerful synergistic properties that carry other herbs used in the steam, deep into the tissues.



Sage

Salvia officinalis

Sage is an exceptional aromatic herb and considered a sacred purifier by many native tribes from the druids to the native American Indians. Sage is warming and an astringent and reduces menstrual clotting and cramping. She supports bringing softness to vaginal dryness and supports healing sexual trauma, vaginal inflammation.

Emotional and spiritual gifts

Sage is the master cleanser and protector of the plant kingdom and she clears, cleanses and purifies your entire system physically and emotionally. Sage softly purifies energetic patterns, memories and coagulates energies that are ready to be released. She brings about sage wisdom of Womanhood that brings clarity and higher vision. She brings the energy field into a resonant and happy state of deep trust.

Calendula

Calendula officinalis

Calendula (*Calendula officinalis*, Asteraceae) is one of the easiest herbs to grow and a highly versatile medicinal plant—naturally, it finds its way into the hearts and gardens of all herb lovers. It has been used for centuries, both internally and topically, to heal wounds, burns, and rashes. The sunshiny flowers are a traditional remedy for supporting the immune system and lifting the spirits.

Calendula has a wonderful toning effect on the uterus. It's an anti-inflammatory and a digestive ally. She reduces inflammation, redness, swelling and itchiness. cleanses and minimises bacteria. Calendula heals scar tissues, vaginal tears after an episiotomy and supports healing haemorrhoids.

Emotional and spiritual Gifts

Calendula lifts the spirit and is a ray of sunshine and joy. Calendula's medicine reminds us of the healing power of joy. She illuminates our shadows and is an excellent balm for human relationships, for cultivating receptivity and empathy. Rather than be wounding or cutting in our communications, Calendula teaches us to touch each other gently and profoundly with the light and warmth of our words.

