

Steam Setup and Process

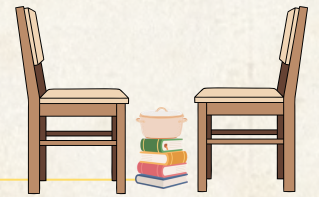


STEAMING POSITIONS

1. Set up your steaming space, make it comfortable and quiet
2. Fill a stainless steel pot with water and very gently boil 2-3 tbsps of herbs, keeping the lid on
3. Use the same pot, or transfer to a stainless steel or ceramic pot to sit over. Wrap a towel around the pot to reduce chance of skin contact
4. Before steaming, test the heat level for comfort
5. Sit over the steam, wrapping a towel/sheet around your body to keep the steam in longer. Remove if overheating.
6. Intentional breathing, meditation, body scanning can help settle into the medicine
7. When done, return the used herbs and water to Mother Earth, save for a bath, add to compost or use a herbal cleanse - pouring the water over your hair and body in the shower

Without a steam stool, you can squat, kneel, go into child's pose. Lean forward on a chair or stool, and/or place pillows under your knees or ankles for more comfort.

Or place two chairs apart and build up the steaming pot using some books. Sit over top with care.



Steaming Suggestions

WHEN and HOW OFTEN

Steaming 1-2 days before and after your menstrual cycle will help your bleeding time to function optimally. Steam for 10-15 minutes.

Other times intentional steaming is used: when ovulation pain occurs, when you are looking to make an intentional ritual of your release or before sex.

Remember that steaming frequently, and on a consistent schedule will yield better results.

Herbs can also be used as a tea or herbal bath and as an alternative to steaming if needed



AFTERCARE

Steaming may facilitate emotional releases and physical symptoms such as cramping, discharges, need to use the bathroom and clearing of stagnant blood. This is normal.

If these symptoms do not stop after a couple of days, you may be sensitive to the herbs and should use less the next time you steam or contact me for more information.

Attending to your needs for rest, reflection, self-care are important. Menstruation is a time of cleansing and clearing and steaming can facilitate release of what is stuck or overactive emotionally, physically and spiritually.

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Cautions and Considerations

Do not steam during your active menstrual cycle or bleeding, if you have an active infection or have had a recent surgery.

If you are trying to conceive, do not steam if you may be pregnant, or if you have an IUD.

Steaming may cause intermittent spotting, cramping or your menstruation to begin early.