

Hello Gorgeous! Welcome and congratulations!

You had the chance to learn about the ancient and miraculous secret of **Yoni Steaming!**

Yoni Steaming has been passed down through generations and has been around for ages. Women considered it as an efficient support for their reproductive system and their health and well-being for ages.

My passion is to share the gift of Yoni Steaming in its deepest essence beyond the physical! I see Yoni Steaming as a way of life.

It helps us become free of stress, start to love ourselves, and eventually reconnect with our spirit and the truth of who we are!



I guarantee that you will feel in harmony with your body, mind, and soul at the end of each steaming session. I did my best to gather all the information you need to steam in this manual. I hope you enjoy this unique and wonderful experience!

<https://samahandcraft.com/>

We, women, are very delicate and pure creatures; and we need strength to surrender. It takes time for us to open up and feel safe.

In ancient times, women used to create a kind of sacred space for themselves to feel safe. Not by their husbands (or generally a man), but by their own beating hearts.

This gave them a chance to discover the gifts of the feminine. It gave them the bravery to be vulnerable and walk with their own shadows, hidden talents, and voices until they grew strong to own who they are and meet the outside world while asking for nothing in return and being prepared to give everything.

Sacred space creates the context in which a woman can be herself and discovers that the power she can master comes from understanding who she is.

In here, the feminine awaits...

Sacred space guides you about yourself and shows you your own needs. It advises you on how to meet your demands.

This is the only means to experience love.
Beginning with yourself,
until you can receive it and
give it to others...
Let's begin!



Why Should You Try Yoni Steaming?

Yoni Steaming can be used as a natural treatment for cleansing the vagina and your reproductive system. It is a powerful old remedy that has been used for ages by women worldwide to maintain deep wellness.

It is a holistic health method in which a woman allows the warmth of herbal steam to penetrate her vagina's exterior gently. A good yoni steaming session can be very beneficial. Here you'll see some causes to include yoni steaming in your health and self-care routine.

It can help with:

- A balanced & optimal menstrual cycle
- Reducing pain and abdominal cramps
- Fertility enhancement
- Treatment of uterine fibroids, ovarian
- Cysts and uterine weakness
- Relieves chronic infections
- Menopause & post menopause support
- Release of stored emotions
- Postpartum healing
- Sexual health improvement
- Access to the feminine energy



Natural herbs not only smell good, but they also make you feel good. Herbs are a gift from the earth. Some medications that most people use these days are based on natural mixtures found in plants. These colorful miracles can help return the body to a state of natural balance to heal itself. There are some fascinating herbs that can benefit the whole reproductive system. We have tried our best to gather the more effective ones and make our herbal package more magical.

Our Yoni Steaming Herb Blend

Our carefully blended herbs package includes the highest quality, sweet-smelling, cleansing, and healing herbs possible, including; Calendula, Rosemary, Damask Rose, Mugwort, Yarrow, Lemon Balm and Lavender.

Calendula: It helps to heal scar tissue, vaginal tears, vaginal yeast infection or hemorrhoids. It is also suitable for thinning the wall of the vagina and promoting menstruation.

Rosemary: It is an aromatic and antimicrobial herb that treats bacterial infection, inhibits yeast growth, speeds wound healing, and stimulates menstruation. It also helps women dealing with low blood pressure or high menstrual flow.

Damask Rose: It is traditionally used to treat abdominal pain, excessive menstrual bleeding, wound healing and digestive issues. It prevents infections, fights depression and protects the uterus.

Yarrow: Astringent and cleansing, yarrow is great for regulating menstrual flow, treating ovarian cysts, and supporting overall uterine health. It is also a natural anti-inflammatory that protects your immune-system.

Mugwort: It balances female hormones and fights infection. It stimulates hormones that help maintain uterine health and protect the uterus from ulcers and tumors. Mugwort helps to boost menstrual discharge and ease cramping. It can also help people suffering from depression, anxiety or insomnia.

Lemon balm: It has traditionally been used to enhance mood and cognitive function. It can also help relieve stress, ease insomnia and other sleep disorders, and minimize menstrual cramps. Lemon balm benefits also include wound treatment and fever reduction.

Lavender: One of the most relaxing herbs we have, Lavender supports healing and promotes menstrual flow. Early research shows that Lavender also helps with complications after childbirth and reduces symptoms of menopause.



What Do You Need For Yoni Steaming?

- A proper place for you to sit above the steam/options:
 1. A Samahandcraft yoni seat
 2. A chair with a hole in the seat
 3. Toilet throne
- Yoni steaming herbs (2 tablespoon)
- A steel or glass basin
- Water (8 cups)
- The Samahandcraft luxury gown or a warm towel/blanket
- Candles or any sacred item that you like
- A method for playing music



If you need any particular item for your Yoni Steaming ritual, you will not regret it if you visit our website and see our various packages!

How to Properly Yoni Steam at Home

Are you ready to try Yoni Steaming?
Let's start!

- Pour 1-2 liters of water into your yoni steam pot.
- Place your steam pot on your cooktop/stove.
- Add two tablespoons of your herbs to the steam pot.
- Put the steam pot lid on.
- Turn the heat of your cooktop/stove to medium and let the herbs cook for 5-10 minutes.
- Turn off the heat on your cooktop/stove.



- You can remove the herbs with a slotted spoon and put them in the fridge for the next day. Don't use the same herbs more than two days in a row.
- Remove your water and herbs mix from the stove, and carefully pour them into your heat-safe basin. Then leave it to cool slightly.
- Put your pot on a flat and hard surface where you will be comfortable spending at least 10 minutes steaming.



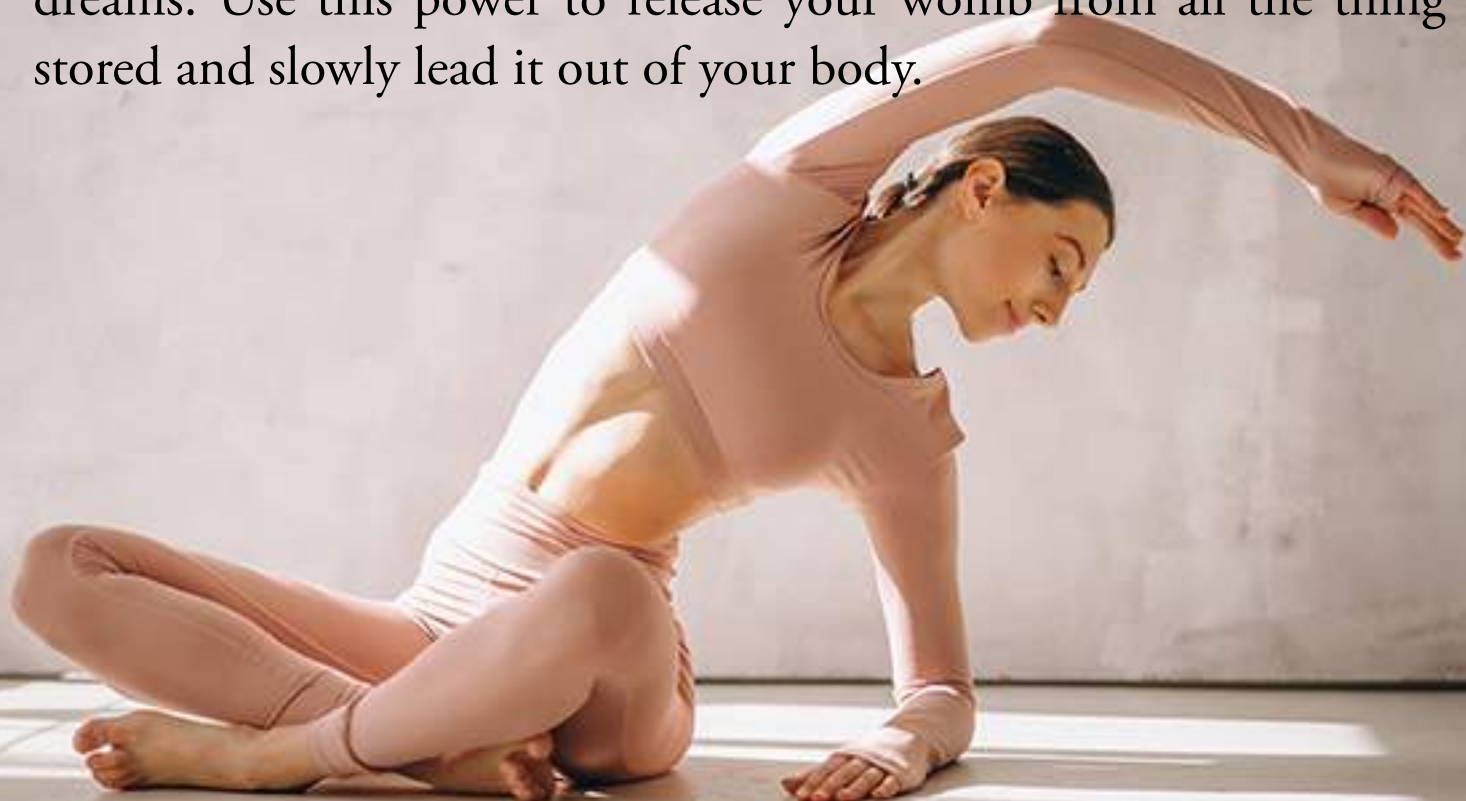
- If you have a SamaHandcraft Yoni Seat, place the pot of water and herbs under your seat. If not, try one of the other options mentioned above.
- Test the steam with your hand. If it's too hot, let it cool for a minute. There is no benefit to it being too hot. The steam should be at a comfortable temperature.
- Your steam session is ready!
- Put on your gown and gingerly sit on your seat. If you don't have a gown, put on a loose skirt/dress. wrap warm blankets around your legs and waist to keep warm while you steam.
- Continue steaming for the next 10 to 30 minutes. (we recommend 20 minutes)



10 While you're letting the gentle steam of magical herbs touch your body, you can start taking care of your soul at the same time by meditating. If you are interested, follow these steps with me:

Put your hands, your feet and your shoulders in a comfortable position. Release any tension you may have in your body, now is the best time for you to start taking care of your soul. Close your eyes and free your mind. Feel the steam touching your body. As it enters your body, it slowly brings light to your womb. You start to feel it, removing all the bad energy as it moves. The brightness spreads all over your body, moving from your womb to your feet, your hands and your stomach. As it reaches your heart, it brings love and joy and removes all the hatred and anger. You can feel it moving to your throat, your face and your head and making them shine like a diamond. Feel the bad thoughts leaving your mind and let the positive thoughts remain.

Now take control of this light. Aggregate all of this energy in your womb. Feel this energy giving you the power to conquer your dreams. Use this power to release your womb from all the thing stored and slowly lead it out of your body.



Yoni Steaming is contraindicated for those who fall into any of the below categories:

- **Pregnant** women (Steam helps open the cervix, which is not safe during pregnancy.)
- Women who are prone to spontaneous **bleeding** (Steam increases the blood flow, so please consult with a Vaginal Steam Practitioner to ensure that you follow a safe steaming schedule in this case.)
- Women who are currently **menstruating** (The uterine arteries are open during the monthly bleeding. Since steam increases blood flow, it will not be safe to steam.)
- Women who are trying to **conceive** should not steam between ovulation and their next menstruation in case they are pregnant (It is **NOT** safe to steam during your fertile window when you are trying to conceive, or after ovulation and before menstruation/-confirmation that you are not pregnant. Hence, when trying to conceive, only steam after menstruation and before your ovulatory phase. Do not steam after ovulation, insemination, or IUI/IVF transfer until your menstruation begins or a health professional confirms that you are not pregnant.)
- Women who have an **infection** or **open wounds**
- Women who have an **IUD** or another contraceptive device in place
- Women who live in origins with extremely **hot climate**

Have questions or want to learn more? Visit:
<https://samahandcraft.com/v-steaming-faqs>

What You Ladies Said about Yoni Steaming and Sama Products:



Amazing hand-carved seats. Using the seat, I do feel like I am a queen!
-Earthmama



Absolutely beautiful! I really appreciate all the small details of the product!
-Ashley Tierra



I have been enjoying my yoni Steam Seat. Absolutely love it!

-Alison



“I am in looove with this product! No pictures can do this handcrafted seat justice!

-Amelia

The SamaHandcraft website content is for informational purposes only and is not intended as medical advice. It is not intended to diagnose, treat or prevent any issue you may be facing.

Our wish is for you to be inspired to make an informed decision about your health if you choose to use holistic methods to do so, and we advise that you consult a qualified health professional if you are in any doubt.

We trust that you acknowledge your total responsibility for your own health decisions by reading the information on this website. Suppose your specific issue relates to making significant health changes around a particular diagnosis or condition. In that case, you are advised to consult with a qualified health professional in the first instance.

If you feel or suspect that you have a medical problem, contact your health care provider immediately. Always consult with your doctor or health care provider first!

