



Radiant Womb Herbal Steam

Womb steams are an ancient herbal healing practice to cleanse and nourish the womb, vulva and vagina.

Using a blend of medicinal plants in a herbal infusion the warm steam rises, opens the cervix and lubricates the womb with gentle healing, cleansing and stimulating properties supporting a healthy pelvic space and reproductive organs. Vaginal tissue is one of the most absorbent of the entire female body making womb steam a very effective form of local and systemic healing.

The steam opens up the pores of the tissues and increases blood flow, relaxing the muscular and deep fascia layers of the pelvis and womb. It warms, soothes and nourishes internal membranes; providing internal cleansing of the uterus by assisting in the release of incompletely flushed debris, impacted and old endometrial lining. Womb steam tones the pelvic floor to create a natural healthy lubrication that cleanses, rebalances and restores natural pH level. It also encourages the womb into her natural, open and upright position.

- Significantly reduce pain, bloating and exhaustion associated with menstruation.
- Decrease menstrual flow as well as reduce dark purple or brown blood at the onset or end of menses.
- Regulate irregular or absent menstrual cycles.
- Increase fertility, especially when combined with Womb Massage
- Speed healing and tone the reproductive system after birth, miscarriage or termination.
- Treat uterine fibroids, ovarian cysts, uterine weakness, cervical stenosis, uterine prolapse & endometriosis.
- Heal vaginal tear, episiotomy, or C-section scar.
- Relieve symptoms of menopause and vaginal dryness.
- Detoxify the womb and remove toxins from the body.
- Emotionally nourishing to support the release of fears and fundamental beliefs that no longer serve you.

Place a large handful of the herbs in a large stainless steel pot or bowl with about 2 gallons of fresh water. Gently simmer the herbs in the water for 10 minutes then remove from heat.

Using a modified chair (*) with a circular hole in the seat place the steam bowl securely beneath the hole in the chair. Try placing on a wooden box or something similar, approx 20cms away from your skin would be comfortable but experiment with what suits you. You will be sitting over the steam for 20 minutes so your legs and bottom need to be comfortable and supported.

Create a special space in which to enjoy your womb steam. This is a deeply nurturing and healing act of self care, so place some lit candles, soothing music and flowers around your space. Be naked from the waist down, cover yourself with a warm blanket, towel or poncho that reaches well to the floor and includes the back of the stool/chair. This creates a 'sweatlodge' over your legs, the chair legs and steam bowl to retain the steam and warmth. It's important to keep your feet warm so wear cosy socks.

Remain in the chair absorbing the herbal steam for 20 minutes. If you feel the steam is too hot, remove bowl, let cool for a few minutes then resume.

Afterwards, keep warm and if possible wrap up and go to bed for the night or lie down and rest for at least half an hour. This will strengthen the healing process and allow your womb to integrate the effects of the herbal steam. Other nurturing practices such as Radiant Womb Self Care Massage and Castor Oil pack before or after a steam will enhance the process more deeply.

Womb steams can be enjoyed after menses finish or 5-7 days before menses begins.

Once or twice after giving birth (enjoy also as a sitz bath everyday for one week) | Three times within the week before your period begins to prevent cramping | Fortnightly for fertility | Once a season for preventative care.



Please **AVOID** this steam (have a sitz bath instead)

- during your menstrual flow
- in pregnancy
- after ovulation if you are trying to conceive
- if you have an IUD
- if you have an acute uterine infection, vaginal sores or blisters

Radiant Womb Herbal Blends (Fertility, Mama, Moontime, Menopause) are available for £8.00 (plus p&p) for one pack (enough for 2 womb steams) from www.womansoul.co.uk

(*) get creative! Here are some visuals for inspiration.

