

Welcome to the ancient practise of Yoni Steaming

Yoni, the Sanskrit word for vagina, holds profound significance in women's health. Vaginal steaming, an ancient practice with roots in traditions across various cultures, has been referenced for thousands of years.

Today, women's health is often managed with birth control pills or surgery, overlooking natural methods like vaginal steaming that once nurtured reproductive wellness. As our focus shifted to pharmaceutical solutions, holistic practices faded.

At The Heart's Mystery, we revisit these time-honored traditions to support women's health naturally and holistically.

You are different.

You seek more than temporary fixes. You embody the essence of the Wise Woman, trusting in the body's innate healing abilities. Your decisions come from love and compassion, not fear. Even when the path is challenging, you understand its temporary nature.

At The Heart's Mystery, we honor your journey and support your commitment to holistic health. Embrace ancient wisdom and discover the benefits of vaginal steaming as part of your self-care routine.

Hayley

Products & Accessories



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the **Heart's Mystery**

Getting Started Guide



Benefits of Steaming

- Less painful periods, reduced cramping
- Regular periods.
- Potential decrease in fibroids and cysts
- Reduction in black or brown bleeding
- Potential increased fertility
- Faster postpartum recovery
- Return of missing periods
- Reduction in large clots during menses
- Decrease infections
- Manage herpes outbreaks
- Better sleep
- Increase libido
- Increased natural lubrication

Cautions

- Do not steam during your period or anytime you see fresh, red blood.
- Do not steam after insemination when trying to conceive.
- Do not steam during pregnancy or if you may be pregnant.
- Do not steam during an infection.
- Do not steam if you are prone to spontaneous bleeding.
- Do not steam during a hot flash.
- Our stool has a weight limit of 250 lbs
- Always exercise caution and judgement around hot liquids.

Using Herbs

Herbal medicine is powerful. Always use herbs recommended for your cycle length.

Short Steams

If any of the following apply to you, steam for only 10 minutes:

- First time steaming
- Cycles 27 days or shorter
- Have an IUD
- Prone to infections
- Prone to night sweats or hot flashes
- History of mid-cycle bleeding

Long Steams

If none of the indications for short steam are relevant to you, you can steam for up to 30 minutes

Set Up Your Steam

- Bring 2 litres of clean water to boil.
- Remove the water from heat and add your herbs, if using.
- Allow the herbs to steep for 10 minutes.
- Keep the pot covered with a lid to retain heat.
- Place the pot of water on level ground.
- You may want to raise the water to within 3-4 inches of the stool seat.
- Hold your hand above the steam to ensure it is a comfortable temperature for you.
- Sit on the stool and relax :

How often to Steam

Steam 2-3 times per month total. You can spread sessions out over the month or group them all right before or after a period.

What to do while steaming

- Meditate
- Sing
- Alternate nostril breathing
- Power pose
- Breastfeed
- Stare at the wall and do absolutely nothing for 10-30 blissful minutes
- Look out the window
- Daydream

Assembly & Care

- Attach stool legs to mounted brackets. **DO NOT OVER TIGHTEN.** Turn until you feel resistance and then stop.
- Place the stool on the ground and sit on it so that the adjustable feet move into position.
- After steaming leave the stool in an open area to air dry.
- Clean stool with a small amount of soap and water or diluted tea tree oil.
- Your stool comes as raw, unsealed wood. To preserve the wood, use a good quality cutting board oil that contains ingredients you are comfortable using.