



How to Set Up a Vaginal Steam Session At Home

- Materials
- Directions
- Clean up

Materials:

1. Birchwood or Acrylic vaginal steam sauna - also called a box
 - a. 5 pieces - 4 panels that slide together and 1 seat or lid (has a hole in it for steam to get through while sitting)
2. 1.5 quart crock pot
3. Herbs
4. Distilled, alkaline, spring or reverse osmosis water
5. Towels - 2 hand towels or washcloths, and 1 bath towel
6. Wool socks or fuzzy slippers to keep your feet warm
7. A blanket (only if recommended by vaginal steam therapist)
8. Something to do while steaming (Ex: journal, read, watch tv, listen to an audio book, pray etc.)
9. Pick a location in your house where you can steam undisturbed
10. Extension cord

Directions:

1. Plug crock pot into extension cord in the steaming location of your choice
2. Heat distilled, alkaline, reverse osmosis or spring water in a tea kettle and bring to a boil
3. While waiting for water to boil, place herbs in crock pot
4. Once water has reached boiling, then pour water into crock pot with herbs
5. Immediately place lid on crock pot
6. Let steep for 10 minutes
7. Set timer for 10 minutes
8. After 10 minutes of steeping, then unplug crock pot
9. Gently place v-steam sauna over the crock pot on the floor
10. Take crock pot lid off
11. Put seat on the v-steam sauna
12. Line one hand towel across one side of the hole on the v-steam seat for added comfort when you sit
13. Line the second hand towel on the other side of the hole on the v-steam seat
14. Take bottoms off
15. Wrap in towel if recommended by vaginal steam therapist
16. Sit and enjoy! (steaming time is different for each case and is recommended by vaginal steam therapist)

Clean Up:

1. Use bath towel to wipe dampness off of the body exposed to the steam
2. Take v-steam seat off
3. Carefully lift the box off the floor
4. Wait for crock pot to cool down and remove from v-steam sauna
5. Wipe the lid and inside of box with hand towel
6. Sprat with hydrogen peroxide 3%-10% or other non-toxic cleaner
7. Wipe down again
8. Dump herbs in toilet or outside in bushes or flower bed
9. Tear down box
10. Or leave out for your next steam session!

*everyone tolerates heat differently-some may need to use a sturdy box to set the crock pot on inside the v-steam sauna so that the steam is closer to the body. The goal when steaming is to experience condensation from the steam but at a comfortable temperature. Adjust as necessary to experience condensation. The steam should never feel hot or just bearable. It should a comfortable heat and very relaxing!