



## Do's & Don'ts of Vaginal Steaming

### DO's:

1. Steam at bedtime - Steaming is a relaxing and warming experience, this puts your body into your "rest & digest" nervous system (parasympathetic nervous system) which is preparing your body for restful uninterrupted sleep
2. Towel Placement - Place soft towels on the sides of the holes on the steam sauna for comfort, this makes for a softer and more comfortable seat, then the towels are available; one to wipe yourself off and the the other to wipe the box down post steaming
3. Cleaning- Use hydrogen peroxide (pour into a spray bottle) or any other non-chemical cleaner to clean the sauna between steams
4. Quality Water - Use a good quality water to boil with (RO, Alkaline, or Spring) to prevent any toxins from occurring in the steam. Also, vaginal steaming is detoxifying, this can be dehydrating so drink plenty of good quality water (especially before) to help your body release toxins and prevent dehydration
5. Condensation- There should be condensation that builds up on the skin exposed to the steam - this is good and aids in the cleansing process. If condensation doesn't build up then you may want place a wooden block under the crock pot to add height to make sure the steam is building up on the exposed skin.
6. Temperature - The temperature should be very comfortable, steaming is a very relaxing experience so it shouldn't feel too hot. If it's too hot, don't sit over the steam, fan it for about 30 seconds and recheck, if it's still too hot continue fanning and checking until it's comfortable

### DO NOT:

1. Don't steam while on your period
2. Don't steam if you experience interim bleeding, two periods per month, or spontaneous bleeding (this does not include dried or old blood residue that appears brown or black) - steaming is safe once the interim bleeding has been resolved
3. Don't steam AFTER ovulation IF you are trying to conceive
4. Stop steaming if you experience any negative side effects - try steaming at another time for a shorter period of time