



"Honor the God in You"

Vaginal Steam Directions- Care Instruction

Vaginal Steam Directions:

Thoroughly sanitize and clean out your toilet bowl. Place Sitz bath over your toilet bowl (available by Divine Sacred Space)

1. In a medium covered pot place 8 cups of water (preferably purified water).
2. Place one handful or 1 pack of Divine Sacred Herb Blends in pot. (1 oz = 1 steam 2 oz = 2 steams)
3. Bring water to a soft boil for 5 minutes. Turn off the heat, leave the lid on and steep for another 5 minutes with the lid on.
4. Pour 4 cups (half) of water into the bowel you have placed in your toilet.
5. Wave your hand 8-10 inches over the herbal water to **make sure it is not to hot**. Remove you underwear and sit on the seat above (not in) the steaming water.
6. Drape a large blanket or sheet around your waist down to the floor making sure no steam escapes. Make sure you keep yourself warm, keeping something on your feet (socks, slippers) and neck. You do not want any cold to get into your body while you are trying to warm it.
7. You should feel a **warm**, rolling heat for about 10 – 20 minutes. When the steam dies down dump the water into the toilet. You still should have another 4 cups of blend left, pour this and use for 2nd half of steam bath and sit over for an additional 10-20 minutes

While you Steam:

Relax have some tea, light some candles, meditate, read a book or put on some peaceful music. This should be a peaceful wonderful experience. After your steam it's suggested you **keep yourself warm and rest for 1 hour. Lay in bed.** Avoid any type of sudden cold or drafts to your body.

For You Information:

Do not be alarmed if some debris, or spotting occurs after the steam it is a natural cleansing. You may also experience changes in your discharge and menstruation.

The v-steam is a traditional home remedy that have been practiced around the world for centuries. Please act on the side of caution if you suspect you have any of the contraindication and wait to do the steam.

Do not steam if you are pregnant, have a urinary tract infection, do not steam during your menstrual cycle