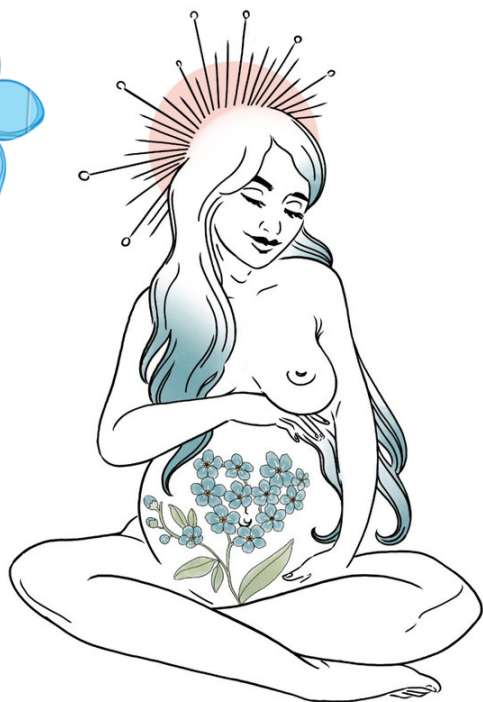
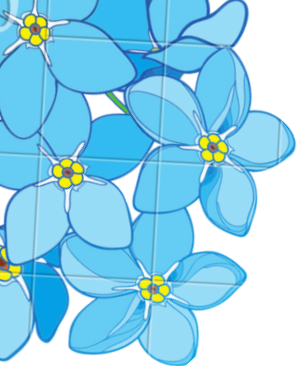


YONI STEAMING

a **15** ingredient
miscarriage & postpartum
yoni steam recipe



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WELCOME

For the beginner yoni steaming
woman -

A deliciously sensual nourishing
recipe to try using one, some,
many or all of the herbs.

May I share my
favorite personally
crafted herbal
recipe for yoni
steaming WITH
YOU?

Give
yourself
the soul
care you
deserve!

SUCCESS
*is your whole
body being in
balance.*



ANNIE ROO



WHO IS YONI STEAMING FOR?

Yoni steaming is for:

- menstruating women
- postpartum women
- postpartum loss birthing
- women in menopause

Yoni steaming is **NOT FOR:**

- women actively bleeding bright red
- pregnant women
- women with an intrauterine device (IUD) inside of their body

the tugboat sugarland story

We found out we were pregnant in 2018. We waited a few weeks before we told people we were expecting. I had been planning on attending a holistic doula training and flew out to Chicago for the certification. I took pictures of my belly, and visited my cousin for dinner one night while there. She was very pregnant and due any moment.


I ended up arriving at home after the flight back and began bleeding that evening. I never had any physical pain to let me know what was happening, but it would be 2 of the most intensely exhausting, spiritually & physically demanding weeks from that night until we birthed our Tugboat Sugarland baby I have ever experienced in my life to date.

The ER staff guessed the baby stopped growing around 9 weeks but it was hard to tell. I freebirthed at home around 12 weeks. We then became pregnant 5 months later with our Rainbow Baby who is very much alive. She is a miracle from God in every sense. Here is her story.

[Listen to my Free Birth Home Miscarriage and Rainbow Baby Freebirth here on Indie Birth's "Birth Warrior" podcast project](#)

I researched and created this blend specifically for my womb tea and yoni steam during the miscarriage and postpartum recovery for our loss. It must be a fertile blend as well because I only have one ovary!

I hope that you enjoy my fertility, peace, spiritual healing, emotional release, and physical wellness tea.



**TAKE TIME AND ENERGY
TO GIVE YOURSELF
THE ATTENTION YOU DESERVE.**

tugboat sugarland recipe

NETTLES LEAF

RED ROSE PETALS

PINK ROSE PETALS

RED RASPBERRY LEAF

MOTHERWORT

TULSI HOLY BASIL


MARSHMALLOW ROOT

PLANTAIN

**Listen to your body.
It is telling you what to do.**

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**TAKE TIME AND ENERGY
TO GIVE YOURSELF
THE ATTENTION YOU DESERVE.**

tugboat sugarland recipe

CALIFORNIA POPPY

COMFREY

OAT STRAW

CALENDULA

LEMON BALM

SKULLCAP

GERMAN CHAMOMILE

**Listen to your body.
It is telling you what to do.**

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yoni steaming herbs 101

Start out by getting 0.5 - 1 ounce of each herb to make a blend, or just try 1 herb alone.

It's your choice. There is no perfect way.
Experiment!

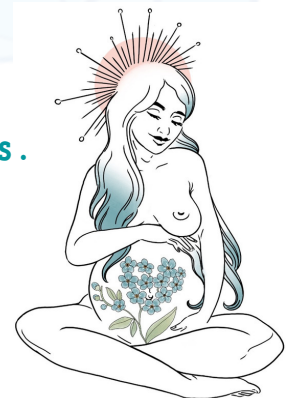
I use 1 handful of herbs to make a yoni steam in a spaghetti pot full of water. 1 handful for me is roughly 1/2 cup of herbs or about *MAYBE* 2 ounces (*see below*).

Yoni steaming may be done once per menstruation cycle, or for protocols like 7 days in a row, 2 weeks in a row, the week before OR following a menstruation bleed, or BOTH.

Each woman and her protocol will be different.

Maintenance yoni steaming is once per cycle in many cultures.

Steaming usually lasts from 5-15 minutes.



yoni steaming herbs 101

Mix equal amounts of herbs together in a bowl and use this blend to create your yoni steam. You can also yoni steam with one herb alone.

Herb weight differs for each plant.

(1 ounce of rose petals is not the same amount of plant material as 1 ounce of California poppy, or plantain, or Calendula flowers.)

Store herbs in a closed brown paper bag or glass jar with a lid.

Feel free to label the herb blend, and ingredients, and date it if you wish.



yoni steam HOW-TO part 1...

Start by making the yoni steam in a spaghetti pot like this...

1. Pour water into a clean brand new and washed spaghetti pot/ smallerish sauce pot on the stove and fill 3/4 full.

(Do not use an old, antique, or cooking pot used for eating. 1. The food molecules stick and we don't want those in our yoni steam. 2. The sacred use of this pot should be for yoni steaming only so it is kept separate from cookware which also has molecules leftover from soaps and detergents.)

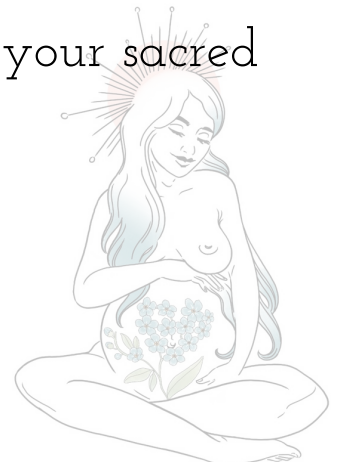
2. Add 1 cup/ a handful of dried herbs to the pot w/ lid on.

3. Simmer 10 minutes or so. Turn the heat off. Let cool while you prepare for the steam.

4. Go get your pot of herbs and water. Place your spaghetti pot under your yoni steaming chair, or on the floor next to your bed, on a beach towel to protect the floor, if need be. Remove the lid.

5. Feel free to dim the lights, put on some nice music, relax, and turn off everything that doesn't belong in your sacred yoni steaming space.

**Listen to your body.
It is telling you what to do.**



yni steam HOW-TO part 2...

6. Grab a giant blanket, duvet, and get naked from the waist down, or completely naked, and wrap yourself in a blanket or 2 so the steam stays INSIDE your yoni steaming "tent." It is very important to keep warm. Use your hand to feel the steam and if it is too hot for your vulva wait for it to cool.

7. Sit on your yoni steam chair/ kneel on the floor & wrap up in the blanket from the waist down. (or around your whole body if you want.) You can set a timer, or watch the clock.

Some people set songs on their phone so when the music stops, then climb right into bed.

What will you do while you yoni steam?

ALWAYS steam before bedtime

Brush your teeth and get completely ready to sleep.

Conserve and preserve the warmth from the steam and climb **RIGHT** into bed.



Tips, Tricks, & Ideas!

I have learned about yoni steaming from traditional holistic midwives who studied multi-cultural tribal practices from around the world and this is what I am sharing with you. Others may yoni steam in their own way. Do what works for you. Don't do what doesn't.

I myself yoni steam and have created these simple ways for women to yoni steam that are easy, accessible, and affordable.

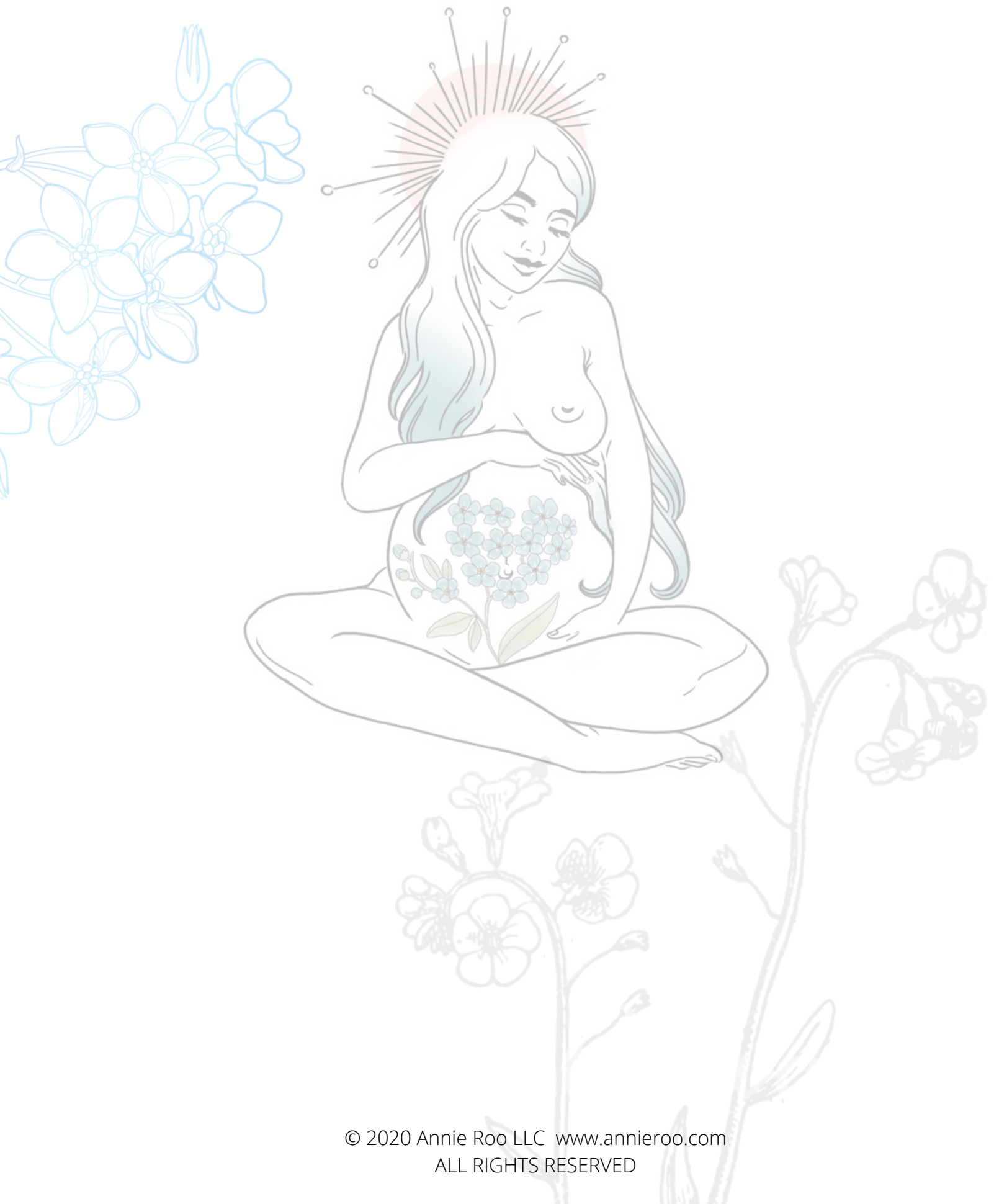
Always pour your yoni steam water and herbs outside-- never in the toilet, as this may clog and ruin plumbing.

Also, the plant matter should be removed from the home and allowed to decompose outside- giving the plant medicine and its nutrients a chance to replenish the soil.

Do not reuse the same herb water.

Some women journal about their bodies, emotions, and spiritual connection to God.





TAKE TIME AND ENERGY *You are worthy!*
TO GIVE YOURSELF
THE ATTENTION YOU DESERVE.

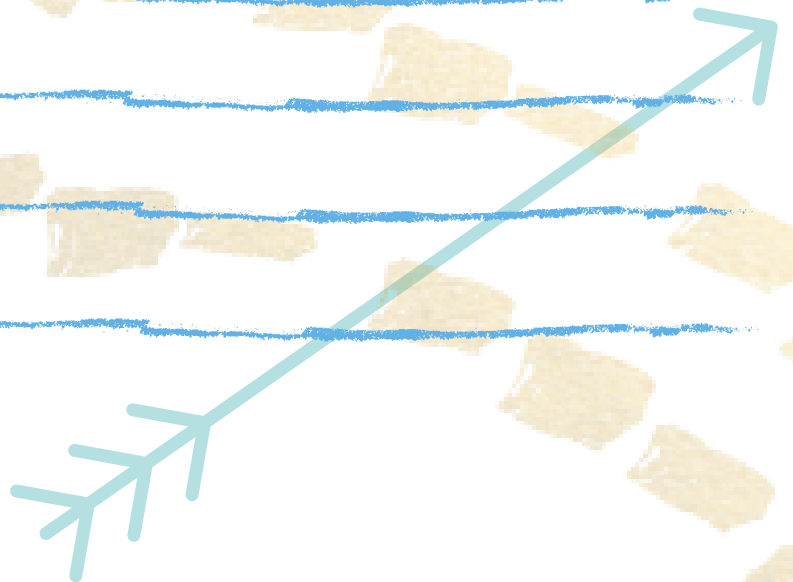
Yoni steaming supports fertility,
PCOS, endometriosis, sexual trauma,
some misdiagnosed infertility,
spiritual awakening, moisturizing
dry yoni, bacterial vaginosis, too
short cycles, too long cycles,
nonexistent cycles, menopause
transition, miscarriage, postpartum
healing and more!



Supplies

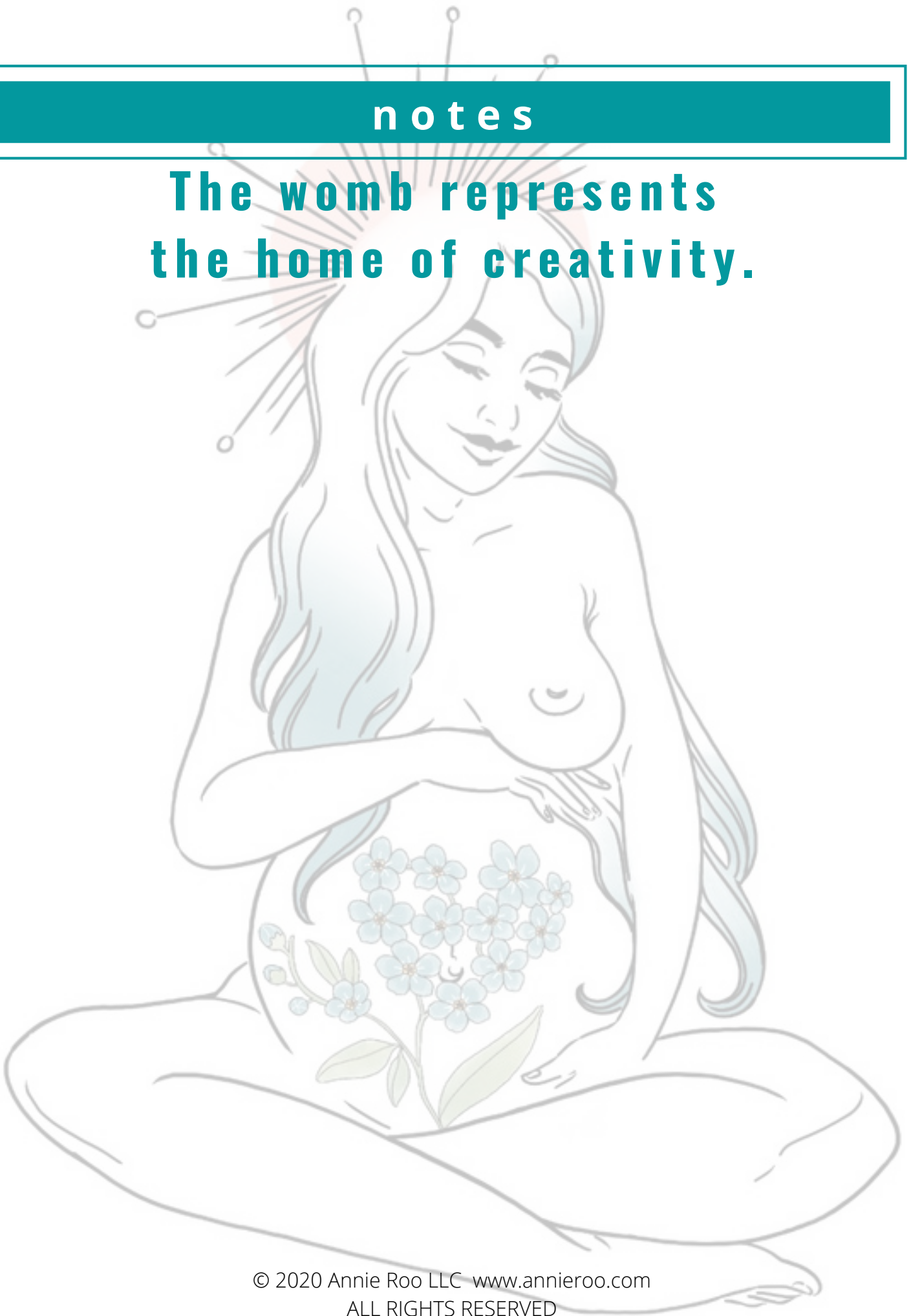
I encourage everyone to buy locally, but in the event that is not possible I have created Amazon links for you. As an Amazon Associate I earn from qualifying purchases.

- ☐ your favorite glass container for storing herbs
- ☐ your Bible
- ☐ a journal
- ☐ cool colored pens
- ☐ a beach towel (optional)
- ☐ a yoni steam chair (optional)
- ☐ a spaghetti pot
- ☐ herbs



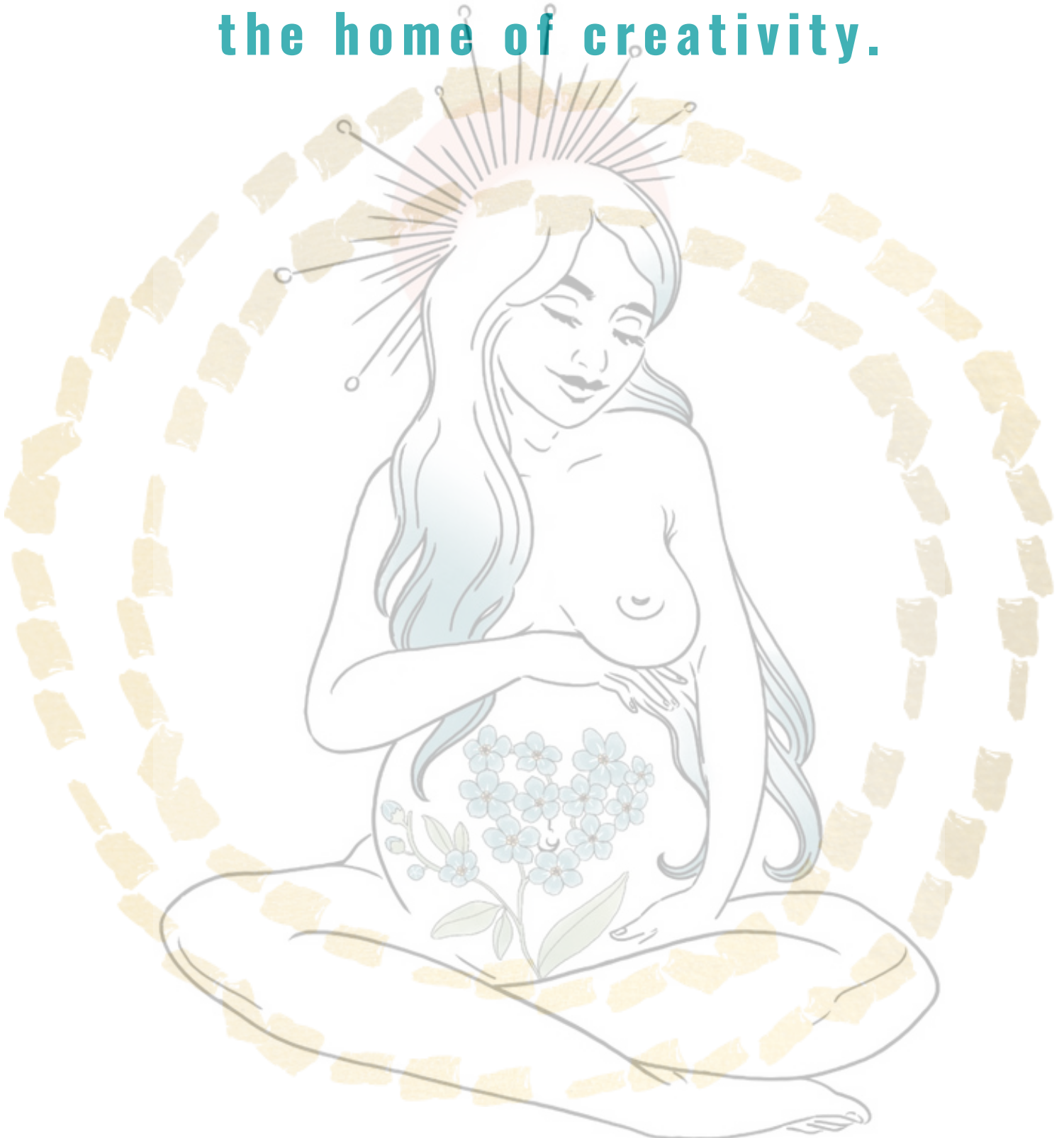
notes

**The womb represents
the home of creativity.**



notes

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notes

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