

# What is Vaginal (Yoni) Steaming?

Between menstruation, sexual intercourse, and childbirth, the vagina withstands a lot. When you add changing hormones and pelvic floor issues to the mix, sometimes the vaginal area is anything but comfortable.

Vaginal steaming is an age-old natural remedy used to cleanse the vagina and uterus, regulate menstruation, and ease period cramps and bloating and balance pH

What are the purported benefits?

Vaginal steaming is used as a natural remedy to clean the vagina, uterus, and the entire reproductive tract. But the purported claims don't stop there.

It's believed to relieve:

stress  
depression  
hemorrhoids  
infections  
infertility  
hormone imbalances  
headaches  
fatigue  
digestive issues  
generalized pain

**Vaginal Steaming can be done 1-4 times a month, with each session being 30 minutes**

## *Who can't do a vaginal steam:*

- Under 18
- Have an IUD
- Pregnant
- Currently on menstrual cycle (must wait 3 days before and 3 days after menstrual)