

Steaming the Jade Gate: Vaginal Steaming

Vaginal steaming is an ancient therapy that has been used in almost every culture in the world. The gentle natural practice benefits many conditions from endometriosis, infertility, irregular and painful periods to post-partum. See below all the therapeutic benefits.

Disclaimer: make sure you have worked with your doctor to understand your medical condition. Vaginal steaming is not promoted in Western medicine at this time. **Vaginal steaming is only one part of a therapeutic regime.**

Read the cautions and contraindications clearly before vaginal steaming. See details below.

Benefits

- Promotes uterine health to increase the circulation of blood and Qi (energy). Helps regulate the flow.
- Warms the womb which is helpful in treating infertility and treating pain
- Peri-menopausal and menopausal dryness and fragile tissue relief
- Preventative health and wellbeing
- Releases tension to ease pain and cramps
- Medical conditions: dysmenorrhea (painful periods), amenorrhea (no period), heavy periods, fibroids, endometriosis, ovarian cysts, painful ovulation, dryness, infections and post-partum healing, prolapse, miscarriage and abortion healing, etc.
- Digestive Complaints: constipation, hemorrhoids and colitis
- Infections: bacterial vaginosis (BV), yeast, genital herpes, trichomonas and itching, helps disinfect, drain and heal open sores
- Influences the Central Nervous System:
 - Psoas: posture, stabilizes the spine and helps connect the spine to the legs
 - Structural wellbeing
 - Psychological wellbeing because it promotes fuller breathing cycles
- Influences the Parasympathetic Nervous System and the Vagus Nerve:
 - Sense of Calm
 - Better sleep
 - Increased circulation
 - Eases aches & pains

- Detox of the skin
- Heightened libido and sexual pleasure
- Increased cervical fluid
- Softening of scars
- Body temperature regulation and helps balance metabolic processes.
- The Vagus nerve goes through the jaw and head, steaming helps relax the jaw, face, neck and head muscles

*** A study by the Department of Neurology at Northeastern Ohio Universities College of Medicine showed "The vagus nerves conduct sensory information directly from the cervix to the brain."

- Male Steaming for andrological conditions
 - Prostate, erectile dysfunction, premature ejaculation
 - **Avoid scrotum/ tuck it**
 - Set up is similar to the female but sitting posture is different, only the perineal area and rectal area is exposed to the steam
 - Best to have a smaller hole in the steam chair/stool and the hole is closer to the back of the chair

Contraindications/Do Not Steam!

- Pregnancy
- While on menstrual cycle and bleeding
- Fresh spotting
- Spontaneous bleeding
- 2 periods in one month
- Continual bleeding
- Very weak constitution
- Thirsty and dehydrated
- High or low blood pressure that is not stable

Cautions and steam no longer than 10 minutes

- High or low blood pressure that is maintained
- While on birth control, IUDs and arm implants
- Tubes tied
- Burning itch or burning sensations in vaginal area
- Open sores

- Hot flashes or night sweats
- When first steaming, do no more than 10mins

Possible Steaming Side Effects

- Urge to urinate, while steaming. Empty bladder before steaming
- Temporary increase in period clots
- Temporary increase in period cramping
- Some itchiness
- Emotional release; sexual trauma healing
- Bowel cleanse
- Early period or spotting, temporary
- Tender skin if the steam is too hot

Supplies

- 1 – 2 quarts of water
- Glass, ceramic or stainless-steel pot
- Towels for comfort & safety
- Herbs (not required)
- Sea salt if not using herbs
- Large sheet or blanket to make a tent while sitting (not for mild set up conditions)
- Steaming chair, see below for ideas to make yourself
- Large glass of water to drink while steaming!!!! Do not allow yourself to get dehydrated.
- Crock Pot or warming burner, optional. You may need an extension cord if you put the boiling water in a crock pot or plug in a burner to sustain the heat. Use the warm or low setting. This is only used in the advanced set up. See below what that means.
- Organic cold pressed Argan Oil. You can buy this at a natural grocer or on-line. Optional, but highly recommended. Use this oil morning and night on your outer vaginal area. It also makes a great lubricant for sexual intercourse. This oil protects the skin from drying out and increases the flexibility of thin and fragile skin/tissue. Use this daily even if you don't steam.

Procedure and Set Up for Steaming

- Bring 1 to 2 quarts of water to boil on the stove. If using herbs, add 3 Tablespoons of raw herbs. If using sea salt, add ¼ to ½ teaspoon to the water. Bring to a boil then simmer about 10 minutes.
 - Herbs: There are a variety of herbal combinations that are specific to help different conditions. I suggest starting with, going to www.steamychick.com. There are 4 basic formulas for different conditions.
 - Sea Salt: This is a great for general cleansing and is supportive in most all conditions.
 - Single Herbs: Organic Peppermint, Rose petals or most flower petals
 - Note: We do not use essential oils for this therapy/steaming.
- While the water is simmering, empty your bowels and bladder. Sip on water or drink a licorice tea. **Make sure you are well hydrated.**
- Carefully transfer the pot to a comfortable place to facilitate your steam or place under your steam chair; test the temperature of the steam on the inside of your elbow. If it feels too hot, wait to allow it to cool.
- Carefully position yourself over the steam and drape a sheet or blanket to contain the steam. You may sit in child's pose over the steam, but a chair with a hole is recommend. See below the various options.
- It is vital that you follow the length of time of steaming and if you should cover with a cloak/sheet. Any of the conditions mentioned as caution should not steam longer than 10 mins! And use only a light cover that allows air to flow. This is called the Mild Set Up. See below specific details.
- If you are treating an infection or open sores, follow the mild set up. After the steam, it is advised to use the herbal water for a sitz bath and wash. The herbal decoction will enhance the healing by touching the skin.

Mild Set Up/ Conditions

- Steam no more than 10 minutes
- Do not cloak or cover yourself completely, allow the steam to escape
- Do not use an added heat source such as a crock pot or electric burner
- Below are all conditions that must use the mild set up until the conditions have shifted to normal.
 - Women who have short cycles, 27 days or less
 - Excess Heat such as hot flashes and/or night sweats. Use the mild set up and after several short steaming sessions, the heat symptoms will become less
 - First time steamers, only 10 mins
 - Infections/open sores, wash in sitz bath with herbal water
 - IUDs or birth control, make sure the steam is nearly gone
 - Managed high or low blood pressure
 - Tubes tied
 - Weaker constitutions, mild 10 mins will help warm the body

Advanced Set Up/30 Minutes

- Steam up to 30 minutes
- May wear a full cloak up to neck for a full body steam/mild sweat
- May use a heat source under the pot or use a crock pot on low
- Preventative health care
 - As a preventative, we advise women to steam in order to gently circulate, nourish and ensure complete shedding for 1 – 3 days after the period has finished
 - Preventative protocols are for women with regular cycles, who are symptom free or have minor brown spotting before or after their period or minor cramping
 - For women with a longer cycle, do 3 consecutive steam sessions starting on cycle day 25 to prompt their period to arrive by day 28 – 30
 - Women with regular cycles may steam once a week, for example days 5, 12, 19, 26
 - Menopausal women may steam weekly or on the full moon or new moon. This helps the body with moisture and sexual desire

Steaming Chair Options

- There are many YouTube videos on steaming and the different methods.

Here is an economical and easy chair you can make.



I bought this at the thrift store for a few dollars and cut a hole in the fabric. It folds up nicely.

There are many elaborate steaming boxes, but I wanted to make this therapy as easy and economical as possible.

Sacred Space & Time

This is a great therapy for nourishing your soul. Light candles, wear socks or play music to enhance the environment. Practice deep breathing with a strong focus on a deep below the belly button exhale. Meditate, journal or read inspirational passages.

There is an energetic loop connecting the central light of the front of the body with the back of the body. These two channels meet in the womb and again at the crown of the head. Starting at the perineum, it moves up along the spinal column and then down the centerline of the front of the body, returning to the perineum and womb. This circuit is called the Microcosmic Orbit.



Steaming is a great time to focus your attention on your orbit and feel the energy and breath move throughout your body. There are several meditations on this, if you wish to understand it deeper.

<https://upliftconnect.com/the-microcosmic-orbit/>

<https://sarinastone.com/microcosmic-orbit.html>

https://www.universal-tao.com/FAQ/microcosmic_orbit.html