

LEARN MORE.....

History of steaming:

Steaming has been traditionally practiced in some countries in Africa, Asia and Central America for centuries. Pumpum steaming is also known as vaginal steaming, yoni steaming, womb cleansing, V-steaming, pelvic steaming or chai-yok.

Women have always found importance in cleansing and detoxing their wombs. Steaming can be done with heated wood, charcoal or water (which is most commonly used these days).

Steaming is typically done following childbirth (after postpartum unless recommended by a midwife), in preparation for marriage, between sexual encounters, after the menses, during the menopause cycle & to rectify any female reproductive health challenges or hormonal imbalances.

Benefits of steaming:

BV... yeast infections, vaginal dryness, PCOS or even if you're trying to conceive ...Steaming can be the solution you need!

When the herbs are heated, the steam (in which holds volatile oils from each herb) permeates the walls of the vagina, the perineum, your cervix, and absorbs through your skin, promoting a better quality of health for the uterus, ovaries and the overall female reproductive system.

Steaming can assist with ridding the pumpum of foul odors, soreness, dryness, candida, excessive bacteria, viral infections, discharge abnormalities & PH imbalances.

Steaming has been known to boost fertility, sexual desire, enhance sexual pleasure, increase vaginal moisture, tighten vaginal walls, cleanse, strengthen, rejuvenate & nourish the pumpum and pelvic floor.

Pumpum steaming doubles as aromatherapeutic healing. The oils releasing into air from the heated herbs are inhaled as one enjoys her steam; alleviating symptoms from other ailments like headaches, muscle aches, spasms, anxiety disorders, heart problems, arthritis, insomnia, anemia and more.

There are spiritual benefits as well:

Clear sacral chakra blockages

Heal past womb trauma

Disconnect from former energies

Move pass "stuck" energies

Boost creativity

Boost confidence

Increase in self love

Increase in self awareness

Connect to a higher self

How often should one steam?

How often one steams will vary depending on the severity of one's condition or the desired outcome.

For instance, I may recommend daily steaming for up to 10 days for recurring yeast infections... In addition to taking other supplements or herbs to eliminate the excessive candida from the body.

Steaming is only effective for managing female reproductive health issues when done consistently and for a particular time frame. Doing a pumpum steam once a year when you're dealing with PCOS, BV, or TTC won't cut it. This form of healing, detoxing, nourishing and cleansing requires commitment to self love and self care.

If you have amazing female reproductive health and are wanting to enjoy a pumpum steam as a random spa treatment... that's fine, just don't expect some glowing vagina - type of results. If steaming for spiritual reasons, this also requires some dedication and commitment to one's journey of self love and self care. Most of us have some womb trauma or sacral chakra imbalances to be rectified.

I highly recommend scheduling a consultation with AishiaTheMidwife when booking your pumpum steams, so that you can receive the steaming package or program that is best for you and your healing.

~AishiaTheMidwife

Why these herbs:

Lavender: soothes muscle & tissue, relaxes the nerves, relieves menstrual pain, antiviral antibacterial antifungal

Red clover: regulates menstrual cycles, reduces intensity of hot flashes, prevents vaginal dryness, prepares body for ovulation, promotes fertility.

Comfrey: lubricating, nourishes & strengthens vaginal tissues, soothes irritations & Inflammations.

Red raspberry leaf: complete female reproductive herb. Tones uterine walls, naturally promotes fertility, Reduces heavy periods, regulates irregular periods, astringent, antifungal & antibacterial.

Cramp bark: increases circulation to uterine muscles & walls, detoxifies the uterus,widely known for relieving menstrual cramps.

Dong Quai: treats many female reproductive issues. PMS symptoms, perimenopause symptoms, improves circulation, can assist in a stubborn miscarriage, hormone balancing.

Catnip: relieves intense menstrual cramps & headaches, calming.

Ashwagandha: supports immune system, aids in sexual health (aphrodisiac), stress and anxiety relief. Helps bring the body back to a state of homeostasis, reduces symptoms of PCOS.

Cranesbill: relieves inflammation in the kidneys & bladder, promotes calmness, combats moodiness during the period.

Yarrow: decreases heavy period bleeding, soothes strong period cramps

Alum: soothes skin, natural astringent, tightens vagina walls.

Bentonite clay: detoxificant / absorbs negative toxins, anti-inflammatory, antibacterial,

Rose: gently nourishes female reproductive health, reduces harsh period cramps, promotes hydration & lubrication.

Sage: relieves hot flashes & relieves heavy perspiration during perimenopause, combats vaginal dryness, reduced libido, bloatedness, breast tenderness, and increases sexual desire & satisfaction.

Plantain: cleanses the vagina, helps prevent infection,soothes vaginal walls & also great for hemorrhoids, can combat excessive vaginal discharge while encouraging healthy vaginal moisture.

Uva ursi: alleviates UTIs, kidney infections, kidney stones, BV, herpes symptoms, yeast, reduces bacteria in the vagina, & is an astringent.

Nettle: reduces inflammation, can increase estrogen levels, helps alleviate UTIs, balances hormones, rich in iron- fights anemia, cleanses the liver, reduces PMS symptoms.

Rosemary: anti-inflammatory, antibacterial, antifungal, astringent, uterine relaxant, reduces period cramps, lowers cortisol levels in the blood.

Oregano: Stops candida growth, highly antifungal, combats BV.

Neem: antifungal, antibacterial, antiviral, fights infections in the vagina, combats vaginal odor & discharge & itching.

Flaxseed: creates healthy vaginal moisture (WAP), combats menopause symptoms & vaginal dryness.

Calendula: combats candida, nourishes & soothes, reduces vaginal dryness & itching, helps balance PH.

Peppermint: potent antifungal, antiviral, antibacterial, kills vaginal yeast, relieves headaches, fights fatigue.

Wild yam: revives sexual desire, antispasmodic, anti inflammatory , increases fertility.

Oatstraw: relieves stress & anxiety, antidepressant, loaded with nutrients, increases sexual desire.

Macca: decrease PMS, PCOS, & menopause symptoms, heightens libido, fertility boosting, good mood & stamina promoter.

Chasteberry: regulates period, increases fertility, can combat endometriosis pains, combats PMS, breast pains, infertility, promotes increased progesterone.

Damiana: sexual hormone balancing, quickly stimulates genitals, anti-depressant, stress reliever.

Black cohosh: naturally increases estrogen, balances hormones, decreases hot flashes.