



# THE V SPOT

HOME STEAMING KIT INSTRUCTIONS

## TO ORDER MORE HERBS

Please feel free to visit us online to purchase more herbs.  
[www.thevspotraleigh.com](http://www.thevspotraleigh.com)

## ADDITIONAL PRODUCTS

- ✓ Yoni Oil - \$35
- ✓ Yoni Wash - \$30
- ✓ Yoni Scrub - \$25
- ✓ Steaming Herbs - \$5
- ✓ Yoni Detox Pearls - \$25

*(Please visit us online for more details, or to order additional products).*

## PRECAUTIONS

We recommend contacting a facilitator for instructions prior to steaming if:

- × You have an IUD (Nexplanon | Essure\*)
- × You experience more than one cycle per month or spontaneous bleeding

## WHEN TO STEAM • WHEN NOT TO STEAM

We recommend steaming:

- ✓ One week before and/or one week after your cycle
- ✓ 1 to 2 times per month if you no longer have a cycle
- ✓ 1 to 3 times per week to speed healing process after birth
- ✓ 3 days in a row following the end of your cycle if seeking pregnancy

We do not recommend steaming if:

- × You are currently pregnant
- × You are currently menstruating
- × You are currently experiencing fresh spotting

## WHAT TO EXPECT FOLLOWING YOUR STEAM

Immediately following a steam, clients have reported feeling moist. Some experience a discharge over the next day or so. This is normal for the body to secrete following a detox. (Discharge may be colored, but should not last)

If you still have a cycle, your next cycle might be darker in color, and/or slightly heavier. This is the steam at work! Future cycles might become brighter in color and lighter in flow, along with fewer/milder cramps.

Lastly, if you are experiencing any issues, (as described on the front side of this instruction manual), you should notice a difference in respect to the issue at hand.

*\*Results may vary and are not guaranteed.*

*\*If you have either of the IUDs listed under Precautions, please contact a facilitator to discuss possible reactions.*



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### VAGINAL STEAMING

Vaginal Steaming, V-Steam and/or Yoni Steams, is an ancient form of natural healing. With the use of organic herbs, v-steams aid in restoring and renewing optimal vaginal health.

V-Steam has been known to aid in the following:

- ❖ Fertility
- ❖ Moisturizing
- ❖ Cycle Regulation
- ❖ Healing Infections
- ❖ Cleansing/Detoxing
- ❖ Calming Hemorrhoids
- ❖ Tightening/Rejuvenating
- ❖ Soothing Painful Cycles
- ❖ Healing Post-Pregnancy

*\*Results may vary and are not guaranteed.*

### TO PURCHASE/PROVIDE

#### ➤ Single Burner Hot Plate

(We recommend the following Oster brand: <https://bit.ly/2rwHPpD>. Please note, you may find this at your local Target. Our instructions are based on this hot plate brand; however, any hot plate will suffice.)

#### ➤ Four Hand Towels (Optional)

### STEAMING INSTRUCTIONS

1. Bring 6 cups of water to a boil.
2. While water is boiling, place on your drape. You can wear it as a skirt, or a full covering. (To wear as a full covering, position underneath your arms)
3. Place the hot plate on the floor in a secure location.
4. Place the pot on top of the hot plate.
5. Add one teabag of herbs into the pot.
6. Place 4 towels on your stool to add cushion while you sit. (Optional)
7. Pour boiled water into the pot.
8. Turn hot plate on. We recommend starting on low and slowly increasing. *(Please note, temperature settings differ. You will need to speak with a steam practitioner to determine if you need a hotplate, and if so, which temperature might work best for you. The steam should feel warm and relaxing, but not hot or uncomfortable. If so, we recommend turning the temperature down to enjoy your steaming session).*
9. Securely place the stool on top of the hot plate and pot, leaving the pot visibly centered underneath. Let herbs steep (sit) for 10 minutes. *(If you plan to reuse your herbs, remove after 10 minutes of steeping and place in the refrigerator in a closed container. The V Spot herbs may be used 3 times in the same week before losing their potency.)*
10. Sit however you are most comfortable, wrapping your drape all the way around the stool to help keep the steam inside.
11. Steam for at least 20 minutes for maximum benefit.

*(After steaming, staying wrapped up will help prolong your detox.*

*You are welcome to use wipes or Yoni Oil following your steam.*

*There is no wait time to continue regular work, exercises, or sex.*

*We recommend drinking water, as this is a form of detoxing the body.)*

### CLEAN UP

1. Turn hot plate off.
  2. Remove stool and allow herbs to cool before discarding.
  3. Clean/wash your drape, pot and stool for your next steaming session.
- \*We recommend using green, environment friendly products.*



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