

How to Steam at Home

An abbreviated checklist:

- *Heat 1.5 quarts of fresh water in your steaming pot, until boiling.*
- *Add herbs; cover; and turn off the heat.*
- *Let steep for 10 minutes.*
- *Bring the pot to your steam setup and remove the lid.*
- *Test the temperature, bringing your hand close to the surface of the water.*
- *Put the steam box lid on, and sit down (or kneel around pot, if using the floor setup), and cloak as recommended.*
- *Set a timer for the recommended duration, and...*

Enjoy your steam!

****If at ANY time the steam feels too hot, either lift your cloaking fabric to let some of the steam out, or STAND UP. Hotter is **NOT** better, and the steam should feel **totally comfortable** and soothing against your yoni.*