

What Is The V-Steam All About?

The V-Steam aka Vaginal Steam has been used for centuries as a traditional home remedy for good health care. Just like you brush your teeth, or eat healthy foods on a regular basis this is the way in which the v-steam was originally intended for vaginal wellness. Only recently since reality television and Hollywood stars have experienced it as “spa treatments” that it has gained it’s due attention.

What can a V-steam do for me?

The V-steam helps to warm the pelvis and create better circulation among other benefits. The steams are typically helpful for such signs and symptoms as:

Menstrual cramps

Dark blood

Spotting with brown blood at the onset or end of menstruation

Infertility- natural and assisted cycles

Pelvic pain

Vaginal spasms

Vaginal irritation

Vaginal dryness

Miscarriages

Pelvic pain

Postpartum

General feelings of cold in your abdomen and or pelvic area when touched.

The steam can be safely used in conjunction with Western and Eastern medical practices.

What type of herbs will you use in the steams and do you use “essential oils” ?

The herbs used at The YinOva Center are always dried and organic, or wild crafted. Since the essential oils that you buy are highly concentrated they would be contraindicated due to their potency levels and could actually be harmful.

When in my cycle is the best time for an appointment?

Depending on your health goals will determine the optimal times to come in for a session.

For period related symptoms at the onset of light spotting or tail end of the period is helpful.

If you are trying to conceive naturally or with an assisted cycle this month than just at the end of the period would be appropriate timing. When you know there is no chance of pregnancy that cycle.

Also during assisted cycles just prior to a transfer is also an excellent time. One to two days is optimal preparation.

If you are experiencing any other symptom than usually anytime is fine.

Please note unfortunately, If you are pregnant or have an IUD the V-steam will not be appropriate for you at this time and is contraindicated.

What to expect during my V- steam:

It is not like going to the nail salon with all your girlfriends to sit in large padded chairs and drink champagne. It is a more intimate setting in a comfortable and private treatment room. Nicole will make you feel at home while she gather some general health information. In each session an individual blend will be created to fit your personal needs. The dried herbs are selected for their medicinal properties and are high quality certified organic.

After the intake you will be asked to remove your underwear and sit on a specially handcrafted bench and completely tent your lower body. You will never be exposed! Then your special blended tea will be placed in a bowl and slipped underneath your tent.

The steam should never be hot, just warm. Unlike usually continual facial steams you will experience a more relaxing warm rolling steam. While you are steaming Nicole

massages specific areas on the back to allow you to relax and to support the movement of Qi in your body.

Ideally an hour appointment is recommended for your first appointment especially if you a specific intention. With the extra half hour you will also receive a mini Arvigo Maya abdominal therapy treatment. This is a massage focuses externally on the abdomen and pelvis to assess the condition of the tissues and the positioning of the uterus in the pelvis. Many time there is a misalignment of the uterus or scar tissue in the pelvis that lead to the symptoms mentioned earlier. In a thirty minute sessions just the steams is available.

How will I expect to feel afterwards:

You should feel very relaxed after the steam. Women also report feeling better circulation in there whole body. You may also feel more sensual and connected to their pelvis. Many times you want to sit and relax with a cup of tea in our peaceful waiting to let the treatment linger.

****Please note** If you are interested in a full two hour initial Maya Abdominal treatment depending on your cycle and your situation if it is appropriate timing the V-steam is included in the cost of the initial treatment. To find out more about Arvigo Maya Abdominal Therapy please refer to my prior blog or give us a call.