Herbal Tea & Yoni Steaming - Trying to Conceive

This is not medical advice. The information shared here is for your personal learning, discovery, and exploration. It is not intended to replace professional medical advice, diagnosis, or treatment. Please consult a healthcare professional with questions about your individual health or care. You are responsible for your own choices and how you choose to use the information you receive. You are the authority in your own body. Your body, your choices, and your care remain yours.

Yoni Steaming Note: The guidance provided here assumes you have already received proper instruction on yoni steaming and understand how to practice it appropriately for your body.

Menstruation

Drink tea. Do not yoni steam while bleeding.

Herb combination to support release, cleanse the uterus, lymphatic system and liver, and promote hormonal regulation:

- Wild Yam
- Yarrow
- Burdock root
- Raspberry leaf
- Oat straw

Follicular (after menstruation but before ovulation)

Yoni steam 1x per week for 15-20 minutes.

Herb combination to support hormonal regulation, nourish the endometrium and blood, and hydrate vaginal tissues:

- Red Clover
- Nettle

Ovulation

Drink tea.

Herb combination to nourish the uterus and cervix, relieve blockages and congestion in the reproductive system, support normal estrogen levels, and support liver and kidney function:

- Ginger
- Dandelion

Do not yoni steam after ovulation when trying to conceive. Steaming could impact the sperm lingering inside.

Luteal (after ovulation)

Drink tea.

Herb combination to promote overall wellness and hormonal balance, regulate the nervous system, provide essential nutrients for the blood, nourish reproductive tissues, and deepen sacred womb and yoni communion:

- Astragalus
- Chamomile
- Rose