



*Shelly Tompkins*  
NATURAL WOMEN'S HEALTH & FERTILITY

## **How to Set Up & Prepare your Steam**

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- 1 qt. fresh herb or 1 cup dry.
- Place herbs in a pot of lukewarm water.
- Bring to a gentle simmer with the lid on for 20 minutes.

*While the herbs simmer...*

- Set up your steam space; turn off your phone, put music on if you'd like, or grab your favorite book, light candles, or make a cup of tea to enjoy while you are steaming.
- Once you are set up pour your steam water into a different pot as to avoid burning the floor.
- Place your steam pot in commode, under a slotted chair, step stool with slot, lawn chair or steam stool.
- Remove your clothes from the waist down, leaving your socks on, keeping your upper body warm.
- Sit on your designated seat over the steaming herbs making sure the steam pot is placed correctly so the steam gets to the perineum.
- Drape your lower body with blankets that extend all the way to the floor to ensure the steam is contained.
- Be careful not to burn yourself. If necessary, create a small vent to allow excess steam to escape, it should feel pleasant.
- Sit over your steam for about 20-25 min. depending on the temperature.
- Simply enjoy the healing and nurturing time you have set aside for yourself. When you are done, dry yourself off.
- Rest quietly after the steam in a warm room, free of drafts, open windows or air conditioning, for at least 20 minutes.
- When you get up, dress warmly and protect yourself from cold drafts or sudden temperature changes for 24 hours.