

Blossom Steam™ Sessions

What are Blossom Steam Sessions:

Blossom Steam sessions otherwise known as Vaginal Steam Treatments is an old health practice where women either squat or sit over steaming water containing various herbs ranging from mugwort, rosemary, oregano, basil and more. It has been practiced in Africa, Asia, and Central America.

Practitioners have many beliefs about the usefulness of this process. However, none of those potential benefits are the focus of the Blossom Steam Sessions and this is where our approach differs. Our Blossom Steam Session is a group experience that aims to get women more in touch with their bodies, their perspectives on body image, culture, pleasure along with any other emotions or sensations that can manifest from the experience.

What can be expected from a Blossom Steam Session and after:

First, participants will learn about the herbs used during the steam and the impact they can have on the body. Then participants will engage in an optional Blossom Steam treatment which will last 10 to 15 minutes. Though this is a group experience, a semblance of privacy is provided during the steams by creating partitioned spaces for participants during the steam and while folks are changing their clothes. During the steam, participants will also experience a guided meditation. And then after the steam, participants will discuss their experience and process feelings related to their bodies.

Overall, the Blossom Steam sessions provide women with an opportunity to connect with another. It's a space where learning, communication, meditation and self-appreciation will occur. People can expect to feel relaxed, pampered and nurtured. Blossom Steam Sessions are intended to revitalize the spirit and deepen the connection one feels with themselves and the world around them.

What to wear?

In terms of clothing, it is suggested that participants wear bottoms that are easy to take on and off. Spa clothing or exercise clothing is suggested for the evening.

Two most common concerns about steaming:

- Burns: This process does not require anyone to sit on top of extremely hot steaming water. That would be unwise for your body. This is a gentle process slightly warmer than a warm bath.
- It's just like douching: Actually, this process is nothing like douching. The point of this process is not about cleansing the vagina. The vagina cleanses itself!

When should steaming not occur:

- If you think you are pregnant or if you know you are pregnant
- After ovulation and if you are trying to conceive
- If you are currently menstruating
- If you have any sort of internal infection such as uterine, cervical or ovarian inflammation
- If you have an IUD

What effect can it have on an individual sexually?

Some folks report that the act of steaming creates an experience of arousal for them. This can largely be attributed to the increase of blood flow to the clitoris and vagina from the steam. Additionally, the intention of the workshop is to create a space for participants to appreciate and love their bodies which can have a positive effect on how one feels about themselves as a sexual being.

If you have additional questions about Blossom Steam Session, please feel free to send me an email at drerikamft@gmail.com