

# *Yoni Spa Treatments*



The word *Yoni* comes from an ancient language in India, known as Sanskrit. In English, it is translated using words such as: origin, source, womb, female genitals. It is generally depicted as the outer female genitalia (the vulva), though some have also included the internal genitalia (the vagina). *Yoni* is my favorite word for female genitalia, as it not only sounds beautiful, but it is also a word that seems to offer reverence to women's genitalia, instead of scientific terminology or even worse, a slang term.

This month I'm sharing with you Yoni Spa Treatments! There are a wide range of vulvovaginal treatments; however, I've decided to focus on the most popular and widely accessible ones in the United States. Certainly, if you go to Europe or Asia you could find Spas with lengthy menus for both vulva and vaginal spa treatments. These treatments have been used in other cultures for centuries to reduce stress, fight various infections, regulate menstrual cycles, aid in fertility, tighten and rejuvenate the vaginal muscles, as well as many other health benefits.

### **Vaginal Steam Bath (a.k.a "V-Steam")**

In Korea, this is called a *chai-yok*, and it is a centuries-old remedy used to reduce stress, fight infections (such as yeast infections and bladder infections), clear hemorrhoids, regulate menstrual periods, ease menstrual cramps, and aid in fertility among many, many other health benefits.

The treatment begins with the client completely disrobing in a changing room and putting on a robe or a loose fitting gown (think of a strapless tube top with a big, flowing skirt attached to it). Some spas offer a cleansing bath before the steam, others do not. If not, you'd change into your gown and go into a spa room, where the attendant will have a vaginal steam bath waiting for you. Included in the bath are various herbs, known for their healing properties, along with hot water and a heat source. Again, the heat source varies, depending on the spa. The client lifts the gown and sits on the seat, which has a hole in the center, where the steam comes from. She can then lower the gown around her, for modesty. She sits on the seat for 30-45 minutes (depending on the spa) and enjoys her relaxing steam bath. The rooms are generally set up like typical massage rooms; which are private, have soothing music and ambient lighting—the main difference being the vaginal steam bath instead of a massage table.

### ***How do the herbs work?***

According to a 2010 L.A. Times article:

“The two predominant herbs in the steam bath mixture are mugwort and wormwood. Mugwort (*Artemisia vulgaris*) has been used in Eastern medicine for hundreds of years to balance female hormones. It contains natural antibiotics and antifungal agents, according to herbalists and alternative medicine journals. It is also said to stimulate the production of hormones to maintain uterine health, protect the uterus from ulcers and tumors, stimulate menstrual discharge and ease fatigue, headaches, abdominal discomfort and nausea, among other claims.

Wormwood (*Artemisia herba*), an antimicrobial "cooling herb," is also popular in Eastern medicine. It has been used historically to induce uterine contractions and treat bladder infections, fevers, open sores, constipation, diarrhea, hepatitis, jaundice, eczema and parasitic infections. The leaves and young shoots are antibacterial and

antiviral, and they also relax the blood vessels and promote the discharge of bile, according to historical tradition.”

### ***Where is it available?***

Unfortunately, I could not find a Spa in Delaware that offered this service (if you know of one, please contact me!). I did find several in California, where it has become very popular, as well as New York and Georgia. Here are some of the most popular, along with the cost for treatment:

Tikkun Holistic Spa, located in Santa Monica, CA- They offer a 30 minute V-Steam Treatment for \$50. The spa also offers a similar treatment for men.

Daengki Spa, located in Los Angeles, CA- They offer a 45 minute V-Herbal Therapy Treatment for \$20.

Juvenex Spa, located in New York City, NY- They offer a 30 minute Gyno Spa Cure for \$75.

Khepra Spa, located in Atlanta, GA- They offer a wide selection of vulvovaginal treatments, including the Yoni Steam Treatment for \$60.

### **The Vagacial**

A bit of a misnomer, the Vagacial is a combination of the words “vagina” and “facial.” However, as you know, the vagina is an internal organ (also known as the birth canal) and it is not treated in any manner during the Vagacial Spa Treatment; which is a noninvasive, external service. (As I’m writing this, I can just imagine my mother reading it and saying, “noninvasive my patoot!”). Okay, so it may *feel* invasive to those who generally feel that someone looking at their vulva and touching it is “invasive.” It is not; however, a service that involves anything internal.

To my understanding, the Vagacial is most frequently used by women who get Bikini or Brazilian waxes. Approximately 2 weeks after a wax, one can schedule an appointment to have a Vagacial. At the Haven Day Spa in Manhattan, the service (called “The Peach Smoothie”) includes a cleansing, including a triple-action organic scrub. This is followed by removal of ingrown hairs, and an application of a serum called Prince Reigns (it prevents ingrown hairs and razor bumps). The Peach Smoothie costs \$50. As an “add-on” option, she can include “The Baby’s Bottom” service, which cleanses and exfoliates the buttocks and an acid peel that rids the buttocks of acne, scars, and skin discolorations. Personally, these services don’t sound nearly as *relaxing* to me as the V-Steam, but who am I? Several women have reported enjoying the experience and feeling “refreshed” afterward. 😊

In conclusion, if you feel like you’re Yoni has had a long, exhausting Summer of shaving, waxing, plucking, etc., and is in need of some pampering, consider a Spa Treatment! For all the painful things we women tend to put our bodies through, it only seems to make sense that we have some options for treating our Yonis with loving kindness! Enjoy!

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