



Postpartum Herbal Sitz Bath Recipe

This herbal recipe is used to assist the healing process after birth. It works wonders on the physical body and the ritual of taking time out for a warm aromatic bath is also incredibly healing mentally and emotionally. Typically, a sitz bath is one in which only the buttocks and hips are immersed in hot water to generate energy and circulation to that particular area of the body. You can use this recipe as a sitz bath, or you can add it to a regular bath. For a traditional sitz bath, you will need a large tub or bucket to sit in.

Ingredients

- ◆ 1 part yarrow
- ◆ 2 parts lavender flowers
- ◆ 1 part chamomile flowers
- ◆ 1 part comfrey leaf
- ◆ 1 part marshmallow root
- ◆ 1 part uva ursi
- ◆ 1 part calendula flowers
- ◆ 1/4 cup of sea salt

Directions

You can decide how much of the mixture you would like to make. I recommend 1/2 cup quantities per each part.

Mix all the herbs together in a large bowl and store in a capped glass jar.

Add one cup of herb mixture to 8 cups of boiling water. Cover the pot, remove from heat, and let stand for 30 to 60 minutes or so. Strain and add this infusion to your bath along with a 1/4 cup of sea salt.