

## Herbal Bath

This bath mixture should be prepared, strained and put into 2 - 1 litre containers and frozen prior to labour ready to use immediately postpartum for the bath. (Note : This package makes 2 baths)

Per bath -

- 1 oz. Calendula
- 1 ounce Uva Ursi
- 1 ounce Comfrey
- 1 ounce Shepherd's Purse
- 1 cup Sea Salt
- 1 large Whole Fresh Garlic Bulb

Place herb ball (uva ursi, shepherd's purse, comfrey, calendula) in a large pot. Fill the pot with water and bring to almost a boil. Then allow it to steep for at least two hours and strain out the liquid solution.

Place the liquid in freezable containers (ice cream or yogurt tubs work well) and store in the freezer. The remaining ingredients (garlic and sea salt) are put fresh into the bath the day you intend to use it.

As soon as possible after the birth, fill the tub with comfortably hot water, add one of the frozen tubs of herbal liquid (it will melt in the water in no time) Also add under the running water 1 of the salt packages and one whole bulb of crushed/chopped garlic.

The herbal bath is highly recommended for every woman following childbirth. There is absolutely no danger of introducing an infection if the baths are done correctly. The garlic and sea salt make the bath solution aseptic. Uva ursi is a specific for healing a woman's reproductive organs. It is very healing and soothing. Shepherd's purse is excellent for preventing and controlling excessive bleeding. Comfrey contains allantoin, a cell proliferant which aids in healing wound edges together.

The baby should be put in the bath with you. The herb bath will start the healing process of the cord stump, and it may drop off in as early as three days. In this bath, your baby will become mellow, and may even smile. The infant will unfold, stretch, and float in the lovely weightless, warmth of the water. It's wonderful to watch the baby's pure joy at finding something so familiar and enjoyable in this new world. Caress, and speak softly to the baby. The infant will love this communication, and will respond by total eye contact and facial expressions. When the infant is taken out of the bath, they should be patted dry, not rubbed. Dress them in soft, warm things. Put the baby to bed with you, cuddle up and enjoy!

Ingredients are available at: Tip Top Health Shoppe  
304 Colborne St.  
Brantford, N3S 3N1  
519-759-3304  
Email: [tiptophealthshoppe@gmail.com](mailto:tiptophealthshoppe@gmail.com)