

Postpartum Herbal Healing Bath

The postpartum herbal bath is wonderfully healing for both mom and baby. The recommended herbs have astringent and antiseptic properties which soothe and heal sore bottoms, help dry up the baby's cord stump and prevent infections. If mom has stitches or any lacerations, she may want to take one or two baths per day for two to three weeks, or until healing is complete. Hydrotherapy on its own is widely recommended for pain relief and healing. Add the herbs and you speed the healing process!



Caution

If mom is post-surgery, she should follow her doctor's recommendations regarding how long to wait before immersing the incision site in water.

Ingredients

Calendula flowers
Comfrey leaves
Lavender flowers

Sources

Use organic or wild-crafted herbs. Dried herbs have a shelf life of approximately one year if they are stored out of the reach of sunlight in an air-tight container. Fresh harvested herbs can be used as well but you will just need more of them.

Directions

Fill a large stock pot with water and bring it to a boil. Turn off the heat and add a large handful of each herb (or one pre-mixed bath) to the pot. Cover and let steep for at least one hour (longer is better). When ready, pour the herb water through a fine strainer directly into the bath water and discard the herbs. The stock pot brew can sit at room temperature for up to 24 hours. If not used within 24 hours, strain out the herbs and refrigerate the fluid. It will keep for 2–3 days in the fridge. One tip is to brew up the next batch just after the current bath is finished. Then, whenever mom's ready for her next bath, it's ready for her.

It's a good idea for mom to have a helper if she is bringing baby into the bath. Mom can get in first while the bath is hot and then bring baby in once it cools down a bit. Most newborns love the bath but will startle when first brought in. The helper can hand the baby to mom who simply supports the baby's head with both hands, allowing the body to immerse and float between her legs. Try to let as much of the baby be under water as possible so he/she doesn't get cold. Watch baby relax and unfold as he/she settles in. Enjoy!

Moms report that the bath brings good pain relief lasting for a period afterwards. She can take as many as she likes, with or without the herbs. A sitz bath (often supplied by the hospital or

available at your local pharmacy) can also be used. These just sit on the toilet (especially helpful if you don't have a tub at home) and offer a swirling stream of hot water for mom's bottom. These work well and save her from having to get undressed and wet all over each time she wants a soak.