



# Postpartum Recipes

## *Sitz Baths and Padsicles*

### Recipe #1

#### The Sitz Bath Turned Padsicle Recipe

This recipe provides the same healing benefits as a traditional sitz bath, but in padsicle form.

#### Ingredients:

- 4 tablespoons calendula flower
- 2 tablespoons comfrey leaf
- 2 tablespoons of plantain leaf
- Overnight sanitary pads
- Spray bottle
- Freezer bag

#### To make the padsicles:

1. Steep the herbs listed above in a gallon of hot, filtered water for 15-30 minutes.
2. Strain out the herbs and let the solution cool.
3. Pour the tea into a spray bottle, then spray a thin, even layer on menstrual pads. (They should feel wet, but not completely saturated.)
4. Fold the pads back into their protective wrapping, place in a freezer bag, and store in the freezer until ready to use.

Note: This therapeutic tea may also be used as a perennial spray to use after using the restroom.

### Recipe #2

#### The Old Standby: Lavender and Witch Hazel

This is one of the most popular recipes—and for good reason! It smells nice, it is easy to make, and it's super soothing.

#### Ingredients:

- Overnight sanitary pads
- 4 tablespoons witch hazel
- 1 tablespoon aloe
- 1 cup of lavender tea, steeped 20-30 min
- Spray bottle
- Freezer bags

#### To make the padsicles:

1. Mix witch hazel, aloe, and 1/4 cup of the lavender tea (drink the rest!) in a spray bottle. Shake to combine.
2. Spray a thin, even layer on menstrual pads. (They should feel wet, but not completely saturated.)
3. Fold the pad back up, place in a freezer bag, and store in the freezer.

### Recipe #3

#### Hydrosol Padsicles

This recipe makes use of a hydrosol, or botanical waters, that remain after steam distillation. Though gentler than essential oils, these essence waters do carry some of the same healing properties.

#### Ingredients:

- 2 ounces of Calendula hydrosol
- 2 ounces of Lavender hydrosol
- 2 ounces of Rose hydrosol
- 8-ounce spray bottle
- Overnight sanitary pads
- Wooden spoon
- Aloe

#### To make the padsicles:

1. Mix calendula, lavender, and rose in a spray bottle.
2. Spray a thin, even layer on menstrual pads. (They should feel wet, but not completely saturated.)
3. Using a wooden spoon, spread a thin layer of aloe over the pad.
4. Fold the pads back up carefully.
5. Fold the pad back up, place in a freezer bag, and store in the freezer.

Tip: Store any unused hydrosols in the fridge.

### Recipe #4

#### Herbal Sitz Bath Recipe

Equipment: Cotton muslin bags

#### Ingredients:

- 1 cup or 9 ounces of unrefined sea salt
- 2 ounces lavender blossoms
- 2 ounces plantain leaf
- 2 ounces witch hazel
- 2 ounces yarrow
- 2 ounces calendula
- 2 ounces chamomile

#### To make the Bag:

Combine all ingredients well and fill muslin bags. After the birth of baby fill tub with water as hot as possible. Drop one muslin bag into the water and allow salt to dissolve and contents to steep. Once the temperature of the water is tolerable enjoy a relaxing, heavenly scented bath. Please Note: For those who have stitches limit yourself to only one sitz bath a day. If you have no stitches you can enjoy multiple baths a day. Continue baths until you feel comfortable