

THE HERBAL BATH

This mixture should be prepared, strained and put together in a large container ready for the bath.

1 ounce UVA URSI

1 ounce SHEPHERD'S PURSE

4 – 6 GARLIC CLOVES

1 cup SEA SALT

Simmer the tea in 4 litres of water, at least 20 minutes. Add 1 cup of sea salt to the mixture. This recipe makes enough for 2 baths. Add to a warm bath when needed. Freeze if not used for more than 2 days.

The herbal bath is highly recommended for every woman following childbirth. Uva Ursi is 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.

The baby can be put in the bath with you. The herb bath will start the healing process of the cord stump, and it may drop off as early as 3 days. In this bath, the baby will become mellow and may even smile. The infant will unfold, stretch, and float in the lovely weightless, warmth of the water. When the infant is taken out of the bath, he/ she should be patted dry, not rubbed. Dress baby in a soft, warm sleeper. Put the baby to bed with you and cuddle up.