

**Indigo
Forest**

Organic Herbal Bath

Herbal baths have long been used for soothing relief for such things as diaper rash, road rash, sunburn, vasectomies and are especially relied upon during the post-partum recovery period. They are commonly recommended by physicians and midwives to relieve pain, heal bruising, tears and stitches, prevent infection and even dry a new baby's cord site. These baths are used to fight infection, and are safe for skin repair and immediate post-birth use because of the ingredients, especially the salt, and the carefully cleaned tub.

Ingredients

Indigo Forest's Bath includes generous portions of traditional, organic ingredients:

- Sea Salt – Antiseptic
- Comfrey Root – Skin knitting properties
- Comfrey Leaves – Healing to skin
- Lavender – Antiseptic and aromatherapy
- Calendula – Astringent and healing to the skin



[IndigoForest.com/Herbal Bath](https://IndigoForest.com/HerbalBath)

Our “Bath in a Bag” is for one strong healing bath, or once made, it could be divided when healing is well on its way. Many moms enjoy a bath each day in the first week postpartum, and even beyond.

PREPARATIONS

- **Dump one whole herbal bath bag into your biggest spaghetti pot nearly full of boiling water.** Stir gently and cover.
- Let steep overnight without disturbing the lid, or simmer uncovered on low for an hour if you're in a hurry.
- **Clean the tub with baking soda.** Cleansers such as Comet are NOT safe for tender wounds and new babes; take out anything that could have mildew.
- **Get the bathroom warm.** New babies, and wet babies, chill quite easily. Cold babies lose calories too easily, are very unhappy and loud, and sometimes breathe extra fast.
- **Dimming the lights** is lovely, and helps babies relax into the bath.
- **Strain the herbal bath brew before, or directly into the tub** through a sieve.
- **Assist mom in getting into the tub and sitting on a folded up towel for comfort.** If mama has stitches, she should protect them from dissolving too early by limiting soaking time to 10-15 minutes MAX during first 10 days.
- When she's ready for the baby, **make sure bath water is suitable for your little one**, comfortable to your elbow or wrist.
- Mom can hold the baby's head in one hand, and baby's hands together over its chest with the other. Keep all but its face submerged in water for warmth, yes even the ears!
- **Tuck everyone back in to bed for a good rest.**
- If mom has tears or swelling, she may appreciate some **frozen poultices being made out of the 'used' herbs** with cotton gauze pads.
- **REST and ENJOY!** Fathers/partners need rest also!!