

## Herbal Bath Recipe:

Uva Ursi - 1 c  
Shepherd's Purse - 1 c  
Calendula - 1 c  
lavender - 1 c  
comfrey leaves - 1 c  
comfrey root - 1/2 c  
garlic bulb (not just a clove!) - 4  
(Ingredients are enough for 4 brews)

Mix 6 quarts of water w/ a small handful of each ingredient, a little less of the comfrey root, and a full bulb of garlic (placed in the food processor w/ a bit of water to chop it up, but it is not necessary to peel it first). Bring to a boil and then let it simmer for 15 min (ask Isabelle for sure on this one, as our notes aren't complete on this).

Let the brew sit for at least an hour before using it. The longer it sits, the stronger it gets. Then strain out the herbs and use it in a perineum spritzer or add at least 1 quart up to 1 gallon per bath to use it in the tub. It is also ok to add sea salt to the tub, but not the spritzer!

Use once or twice a day in post-partum to help with healing and recovery. (I think Isabelle said to do this for about 5-6 days?)

Brew can be refrigerated for up to a week.