



# HERBAL SITZ BATH

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A sitz bath is a bath you can sit in, so it's typically used for healing the perineum, anal area, and vulva. It can clean, soothe, and reduce inflammation or irritation of these areas in cases of hemorrhoids, perineal swelling, irritation of the anus or vulva, general uterine health, and postpartum recovery.

Soak for 10-20 minutes.

*\*Do not use a sitz bath if you've been advised not to take baths or you are currently menstruating\**



# RECOMMENDED HERBS

Organic Herbs for a Sitz Bath:

chamomile  
lavender  
comfrey  
red raspberry leaf  
pink salt  
witch hazel  
rose petals  
shatavari  
lemon balm  
calendula





# METHOD 1

Infusion:

(1/3 - 1/2 cup of herbs per 1 quart of water)

Place the herbs in a container and fill it with hot water. Make sure all the herbs are soaked well. Let it sit for at least 20 minutes. You can leave it overnight for more medicinal benefits. Strain the liquid and store it in the fridge. Or you can add the infused liquid directly to the bath. If you are infusing the herbs, do not add Epsom salts to it. Add Epsom salts directly to the tub.



## METHOD 2

Add it directly to the Bath:

Place the herb mix inside a muslin bag and tie it shut. You can drop the bag directly in the bath tub when you are filling the tub. Alternatively, you can soak the bag in a cup of hot water for 20 minutes and add the liquid to the bath. You can even throw the herb bag to the bath water for additional steeping while you are in the bath. You can add herbs directly to the tub, but they will stick to your body and the tub, so you will need to allow extra time for cleanup.