

Calm Parent

Dr. Beverly's Healing Herbs Recipe for Mommy and Me Bath

Ingredients

- 1 entire head of garlic, chopped
- 1 cup of sea salt
- 1 tbsp uva ursi leaf
- 1 tbsp hydrastis root
- 1 tbsp shepherd's purse
- 1 tbsp comfrey leaves

Directions

1. Boil hydrastis root and chopped garlic together covered for one hour in 4-6 cups of water. Ensure it does not boil dry.
2. Pour over fresh herbs and steep for 30 minutes.
3. Strain and pour into bath.

This bath can be repeated 1-2 times a day for three days after birth but don't forget to run the recipe by your healthcare provider before you try it (they may suggest sponge bathing your baby for a period of time after birth).

[Click here](#) for more postpartum healing recipes from Dr. Beverly including a botanical padsicle recipe.

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