

During the postpartum period staying warm is important. In addition to warm meals and teas and resting in bed under the warm blankets, doing a variety of warming treatments will further enhance healing.

Try any of the following, alternating between treatments. See Postpartum Warming Treatments for recipes.

## **Womb Steam**

\*With clearance from your caregiver you can do a womb steam. **They can only be done if all bleeding has stopped and stitches have healed.** This can be as early as **day 4 post-birth** for some. The easiest way to do a womb steam is to purchase a steaming bowl (see images), or use something similar that you already have at home. This bowl can also be used for a sitz bath as well. When you set up the steam sanitation is of the utmost importance. Because you will reuse the steam bowl, it must be bleached and rinsed with boiling water between uses, and then dried with alcohol. You can wipe it down with alcohol again right before it will be used. This portable bowl fits into the toilet (see image). The toilet will also need to be sanitized preferably with a small amount of bleach (if the plumbing is able to handle that) and then wiped down with a natural cleaning wipe. If possible have a family member help you to have the bathroom clean for this purpose.

**It is very important that you don't get burned.** It is best to pour the boiling water onto the herbs and wait a few minutes until it has cooled down, otherwise it will be too hot.

## **Medicinal Bath, Sitz Bath**

Taking an herbal bath can heal on many levels. The warm water, soothing herbs and the effects of relaxing in a bath will help you heal quicker. You can take a bath after the **fifth day of postpartum**, if you have not had any complications and you have \*\*clearance from your

caregiver. Put the herbs in a cloth bag for easy cleanup. You can play soothing music, have a cup of tea, and light a candle to create a peaceful environment. For a special Moroccan treatment try washing your vaginal area with **sacred clay or Aztec green clay**, while in the bath. Then put a small amount of olive oil on vaginal area afterwards.

**If you have had a \*cesarean**, it is recommended to wait six weeks after birth to have a full bath. You can do a sitz bath in your steaming bowl, if you have clearance from your doctor (usually 2-4 weeks post-birth), but your stitches must remain dry to prevent infection.

### **Warm Oil Rub**

This is wonderful to do after a bath. Be sure the oil isn't too warm, and choose an oil of your choice known for healing such as olive, coconut, sesame or almond. Rub your belly in gentle clockwise circles. Feel free to oil the rest of your body if you like. For extra comfort add a few drops of soothing essential oil such as lavender or rose. Always put on fresh comfortable clothing and socks (as desired), that you don't mind getting oil on, as it will stain the clothes. It will eventually wash out. After the rub you may also place a hot water bottle or heating pad on your abdomen for about 20 minutes while you rest or breastfeed.

**\*Caution if you have had a cesarean birth this might be uncomfortable and AVOID getting oil on stitches!**