



# SITZ BATH



*North East Natural Health Centre Cooking Corner*

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# SITZ BATH

*— Home Remedies —*

## Sitz bath Instructions:

Sitz baths increase the blood circulation and eliminate congestions, stagnations, irritations and any initial stages of inflammation of the ovaries and pelvic area. Take them for haemorrhoids, urinary tract complaints, vaginal thrush, fibroids, pelvic congestion, painful menstruation and infection in the genital area.

## How to prepare for a Sitz Bath:

Steep approximately 50g of herb in 500ml cold water for 12 hours\*. Fill a tub with 500ml cold infusion and 500ml boiling water. Use a tub large enough to sit in, the water should cover the kidney region. Sit in it for 15-20 minutes in the evening before going to bed.

\*Or simply fill a piece of pantyhose or sock with the recommended amount of herbs. Tie knots to seal and place it into a bowl or bucket. Pour boiling water over the herbal sachet and leave it to infuse for 10-15 minutes.

Consider: calendula, lady bits bath salts, plain white vinegar or plain seasalt.