

Sitz Bath

A sitz bath can be soothing and healing to the vulva and/or perineum (external part near the vagina) in times of irritation, post delivery, or otherwise as advised by your practitioner.

While a sitz bath is not something to be doing daily long term, in some circumstances a low volume bath can fix a vaginal microbiome to favour the beneficial Lactobacilli bacteria and health of the surrounding tissues.

You must follow these instructions carefully and only use for the amount of time recommended in your prescription.



INGREDIENTS

Warm Water
Green Tea Bag
Apple Cider Vinegar OR Sea Salt



STEP 1

Steep the green teabag in 1-2 cups of boiling water and allow to cool



STEP 2

Add 2-4 tablespoons of apple cider vinegar OR ½ cup seasalt or Epsom salts to the water



STEP 3

Pour into a small shallow bowl to then sit in for 5-15minutes to cover the vulval/perineal area



STEP 4

Repeat for the number of days recommended on your prescription. If unsure, irritation occurs or you have any questions, please contact your practitioner.