

HealFast Bath Instructions

HealFast Bath is an organic herbal therapy designed to relieve pain and boost emotional and physical well-being. It can ease swollen, stretched vaginal muscles and tissues after birth. HealFast Bath can also aid in healing episiotomy and perineum bruising, as well as alleviating pain from prenatal and postpartum hemorrhoids.

HealFast Bath can be used in two ways. **We recommend the tea method, as it creates a more concentrated and potent liquid.**

Option 1 - Make a concentrated tea for tub and more:

1. Bring 20-25 cups of water to a boil in a large pot.
2. Place inner muslin herbal bag in boiling water.
3. Reduce heat and simmer for 20-30 minutes.
4. Use resulting tea in multiple ways:
 - a. Fill a peri bottle with tea and use to clean the vaginal area (spray while urinating).
 - b. Soak maxi pads in tea and freeze pads (separated with wax paper) in a gallon ziploc bag. Use pads in underwear to reduce swelling and for additional healing. May be used every hour following labor for as many days as needed.
 - c. Save several cups of tea to use in a sitz bath for optimal healing.
 - d. Store tea in airtight container in fridge up to 10 days.

Option 2 - Take a relaxing HealFast Bath:

1. Hang inner herb-filled muslin bag on faucet of your tub and turn on hot water. Allow water to run through compress into bath water.
2. Soak in bath (with or without your newborn baby) for 15 minutes or longer and enjoy. Note: this option is great for dads, too!
3. Wring out muslin bag and place inside ziploc bag; store in fridge.
4. Bag may be re-used for three baths total. Use within 10 days.

FOR EXTERNAL USE ONLY. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Please consult a trusted health practitioner before using this product if you have any serious medical conditions or are taking any medications.