



HERBAL *Bath*

Ayshia Abinojar



MY STORY

AYSHIA, a Mother of two beautiful strong spirited daughters. With the knowledge, wisdom and strength of two birth initiations I learned the importance of preparing for the 4th trimester. According to Ayurveda the first 42 days after birth reflect how a mothers life will be for the next 42 years. REIS OF LIGHT is a botanical Apothecary specifically for pregnant & postpartum mamas. By working with sustainable Ayurvedic & Western plant allies, the products help ground, heal, rejuvenate and give mothers the support they need to prevent postpartum depletion.



HERBAL BATH *Benefits*

Relax the mind

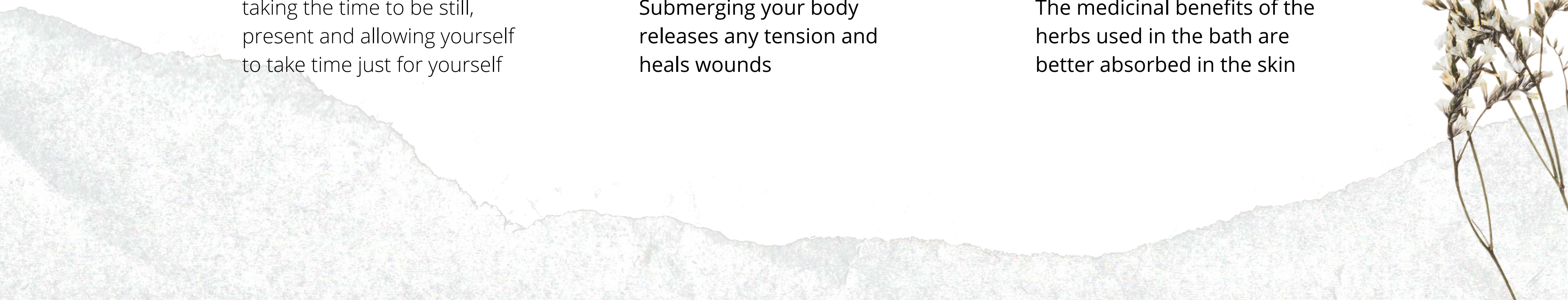
taking the time to be still,
present and allowing yourself
to take time just for yourself

Soothe sore muscles

Submerging your body
releases any tension and
heals wounds

Promote supple skin

The medicinal benefits of the
herbs used in the bath are
better absorbed in the skin





Plant Allies



Ashwagandha root – deep nervous system rejuvenation, helps sleep, strengthens, and brings vitality

Calendula flowers – assists in the healing of wounds, soothes the skin

Chamomile flowers – brings sweetness + calm, reduces cramping pains, helps with sleep and relaxation

Clary Sage – the queen of the hormone balancers + brings clarity

Comfrey leaf – moisturizes skin leaving it soft & supple,

Cramp bark – reduces cramping / uterine and, muscle relaxant,

Hibiscus petals – enhances devotion, blesses, improves skin tone & texture, heals acne, reduces scars & stretch marks, helps prevent hair loss & keeps hair from graying (nice as a hair rinse for that purpose)

Lavender flowers – calming, relaxing, soothing to emotions and body, soothes anxiety & insomnia, keeps wounds nice and clean

Neem leaf – assists in the healing of hemorrhoids, soothes rashes

Oatstraw - calms the nervous system & anxiety, promotes sleep, reduces muscle spasms,

Patchouli leaf – anti depressent, deeply grounding, brings you into your body, fades scars/stretch marks

Plantain leaf – speeds the healing of wounds, soothes hemorrhoids

Red Clover- blossom & leaf – blesses, speeds the healing of wounds, relieves stress and anxiety, soothes eczema and psoriasis, anti-inflammatory, good for scalp health

Rose petals or buds – assists in unfolding beauty, bringing joy, uplifting the mood

Shatavari root – deep rejuvenation for the female reproductive system, helps with the processing of difficult emotions, promotes love and compassion

Uva ursi – reduces inflammation, fights infection (high doses can become toxic)

 root – cleanses & purifies the body

Witch hazel bark – soothes hemorrhoids,

Yarrow leaf and flower – reduces cramping pain, soothes varicose veins, assists in the healing of wounds



PREPERATION



- Bring 8 cups of water+1/2 to 1 cup of herbal blend to a boil in a pot on the stove (if you are using mostly powdered herbs in your blend, a 1/2 cup will be plenty whereas whole herbs will require closer to a cup) ** If you are going to be using a single herb (not blended with other herbs), use only 2 tablespoons per bath if it is a powdered herb, or 6-8 tablespoons per bath if it is a whole herb.
- Simmer uncovered until only half the water remains (20-30 minutes)
- Strain off herbs
- Pour into a sterilized quart-sized jar
- Either use that day, or store in the refrigerator for up to one week for future use
- Pour contents of jar into bathwater & soak for 20+ minutes

Let's Connect!

INSTAGRAM:
@SOVEREIGN.RESILIENCE

Website: <https://reisoflight.wixsite.com/ritual>



The Ayurvedic Way

Herbal baths are prepared by decoction method, to maximize medicinal value and minimize mess in the bath tub.

