



ZINURE

Herbal Remedies 101:  
A Mama's Natural  
Toolkit



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# Herbal Remedies 101: A Mama's Natural Toolkit

## ZinUre's Gentle Herbal Remedies

Traditional healing meets modern support

## For Healing & Soothing

- Sitz Bath Blend: calendula, witch hazel, chamomile, lavender
- Perineal Spray: witch hazel + aloe vera + lavender
- Postpartum Tea: fennel, ginger, peppermint (for digestion, milk flow)

## For Rest & Sleep

- Bedtime Tea: lemon balm, chamomile, passionflower
- Aromatherapy: lavender oil in a diffuser or body butter
- Warm oil massage: coconut oil with a drop of frankincense

## Important Tips

Always consult your midwife or doctor before using herbs

Patch test for allergies

Use high-quality, organic herbs where possible

Keep herbs stored in a cool, dry place



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