



# NATURAL BORN

— midwifery care —

## Padsilces

Padsicles are the best postpartum pads because they are covered in aloe vera, witch hazel and lavender oil.

### SUPPLIES

- 20 Extra Heavy Overnight Maxi Pads
- Aloe Vera
- Witch Hazel
- Lavender Essential Oil

### INSTRUCTIONS

1. Partially unwrap a few pads at a time, but don't detach the wrapper. Spread aloe vera generously up and down the whole pad. Don't just do the middle part - spread it further down almost to the bottom of the pad. Just trust me on that. Pour about a teaspoon of witch hazel down the middle.
2. Add a few drops of lavender oil. Fold the pads back up to how they were and stick them in a gallon sized plastic bag, then freeze. Pull them out of the freezer, one by one, as needed and let them thaw for two or three minutes before use.

### NOTES

- Always Overnight Maxi with wings are the pads I prefer for this.
- The essential oil is optional, but lavender oil does have healing properties so I recommend using it if you can! Also, it smells amazing.