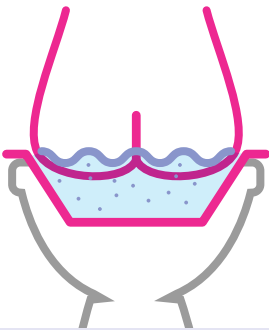


Kegel8® Sitz Bath and Epsom Salts

For quick relief from pain and discomfort in the perineum, vulva and anus.



Reduce the symptoms of pelvic pain, vulvodynia, PMS and more

- Soothe and nourish with an Epsom salt bath
- Convenient and economical alternative to filling a bath tub
- Use as a bidet to avoid irritation from toilet paper

How Do Epsom Salts Work?

Epsom salt is pure magnesium sulphate mineral compound. When dissolved in water, the magnesium sulphate can be safely and effectively absorbed through the skin directly into the body, providing essential pain relief and relaxation.

80%

of us suffer from magnesium deficiency!

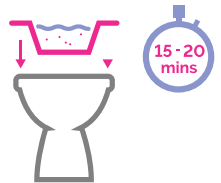
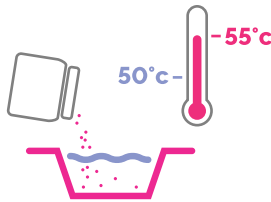
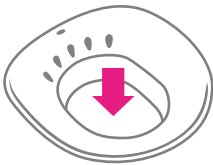
Use with Epsom Salts (food grade recommended) to help:

- Soreness
- Itching
- Irritation
- Episiotomy
- Haemorrhoids (piles)
- Bowel issues
- Infections

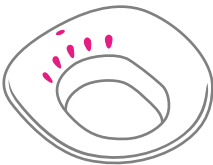
Sitting in the warm water for 15-20 minutes can provide relief from the discomfort of haemorrhoids, fistulas, anal fissures, or an episiotomy.

How to use your Kegel8[®] Sitz Bath

1. Place your Kegel8[®] Sitz Bath onto the toilet bowl. If you are using the fold away sitz bath, firmly push the centre downwards.
2. Prepare with 125ml of Epsom salts dissolved in water, ideally between 50°C and 55°C.
3. Soak or bathe the area for 15 to 20 minutes.
4. Simply pour the water into the toilet when you are finished, dry and store.



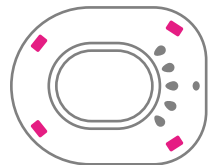
Fold Away Kegel8[®] Sitz Bath



Specially-placed holes to prevent overflow and spills



Can be stored flat and discreetly



Non-slip pads to keep bathing stable and secure