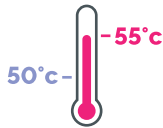


Kegel 8[®]

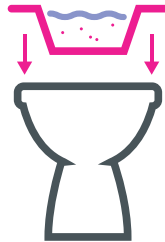
Sitz Bath

For the relief of pelvic pain and discomfort
in the perineal area, vulva and anus

Directions for Use



Prepare the bath with 125ml of Epsom Salt dissolved in water, ideally between 50°C and 55°C



Soak or bathe the area for 15 to 20 minutes, drying after use.

Use with Epsom Salts (food grade recommended) to help soreness, itching, irritation, episiotomy, haemorrhoids (piles), bowel issues, and infections.

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