

Primal Birth Herbal Blends

Handcrafted herbal blends tailored to nourish you through pregnancy, postpartum & beyond.

Herbal Tea Blend Descriptions

The Motherline: Tap into the healing medicine that the Earth provides us. Aptly named 'The Motherline' this blend is filled with a 'mother-load' of healing & nutritive herbs.

Chamomile: Calming, aids in relieving anxiety

Hibiscus: Vitamin C & Antioxidants

Rose Petal: Anti-inflammatory

Rose hips: Boosts immune system

Lemon Balm: Aids in relieving insomnia

Lavender: Emotional support

Serenity Now: This handcrafted blend combines all the herb's innate calming and emotional supportive properties to provide a pause to reconnect with yourself & the present moment.

Chamomile: Calming, aids in relieving anxiety

Lavender: Emotional support

Lemon Balm: Aids in relieving insomnia

Mama's Little Helper: Steal away some precious moments to re-center and nourish your mind, body, and soul with this highly nutritive blend. This blend will intuitively serve your body's needs.

Red Raspberry leaf:

Full of Calcium, Iron & Magnesium

Helps to tighten and tone Uterine and Pelvic muscles

In Postpartum, it can aid with reducing bleeding and/or swelling of the Uterus

Nettle:

Provides bioavailable forms of Iron & Vitamin K, which can support healthy clotting of blood
Milk production booster

Vitality: Support your immune system and overall health with this immunity boosting blend.

Echinacea:

Flu & cold prevention

Reduces inflammation

Emotional support

Peppermint:

Anti-inflammatory & calming

Awaken: Create a morning ritual that can help awaken and ground your senses. This blend is sunshine in a glass.

Chamomile: Aids in relieving anxiety

Lemon Balm: Aids in relieving insomnia

Rose Petal: Anti-inflammatory, hydrating & heart calming

Mellow Mint: Mellow out and ground yourself (especially after a big meal) with this blend.

Peppermint:

Aids in digestion

Lavender:

Emotional support
Antioxidant & uplifting

Chamomile:

Calming
Aids in relieving bloating

Womb Worship:

Created to nourish the womb, this blend helps to alleviate painful cramps and/or heavy bleeding. It can also be used towards the end of pregnancy to prepare your uterus for labor.

Lady's Mantle:

Anti-inflammatory, antioxidant & antimicrobial
Aids in reducing heavy menstrual flow

Red Raspberry Leaf:

Uterine tonic which helps to tighten lax tissues.
Milk production booster

Lemon Balm:

Aids in relieving cramping, gas, bloating

Sitz Bath Blends

A delightful herbal blend perfect for relaxation and helpful for soothing & healing tissue after labor.

- Lavender, Yarrow, Calendula, Chamomile, & Epsom Salt.
- Lavender, Rose Petal, Chamomile, & Epsom Salt.

Yoni Steaming Blends

Yoni Steaming is an honored self-care tradition found in cultures across the globe. Steaming provides nourishing benefits such as:

Restoring menstrual cycle rhythms

Cleansing post-period practice

- Treats gynecological issues such as: painful cramps, infections, fibroids, ovarian cysts, dryness & infertility
- Reduces swelling & promotes tissue healing in the Postpartum
- Increases Libido

Blends

Cleansing:

Calendula, Milk thistle, Motherwort, Rose

Lady's Mantle, Shepard's Purse & Yarrow

Clarifying:

Blessed Thistle, Calendula, Motherwort Rose

Bloodbuilding:

Motherwort, Nettles, Oat Straw, Red Raspberry Leaf

Hibiscus, Lemon Balm, Oat Straw, Red Raspberry leaf

Herbal Tincture:

A tincture is a concentrated herbal extract made by soaking the bark, berries, leaves (dried or fresh), or roots from one or more plants in alcohol or vinegar.

Primal Birth Herbal Tinctures

Echinacea: Immune Support

Red Raspberry: Red raspberry leaf is a herb traditionally used during pregnancy to tone the uterus, in preparation for labor and birth. Full of nutrients and Antioxidants

Skullcap, Lemon Balm, Catnip: Promotes relaxation and reduces anxiety.

Cramp Bark: Relieves labor contractions or while in labor can regulate contractions

Primal Birth Herbal Blends

Loose herb:

1 oz: \$8

4 oz: \$15

Herbal Tinctures

4 oz tincture \$20

Payment methods: Venmo, PayPal, Cash,
Check, FSA/HSA cards