



## *Postpartum Self-Care Menu:*

**Sun Butter** - a balm for everything under the sun!  
Especially helpful for c-section incision healing and baby diapering

1oz tin \$10    2oz tin \$18    4oz tin \$35

**Earth Bodies, Stardust Babies** - nutrient dense loose leaf tea, an herbal multivitamin in a light, earthy, floral beverage that can be enjoyed hot or iced. Recommended for daily use, lactation safe.

45g bag \$10    60g bag \$15    85g bag \$20

**Magic Ma Drops** – concentrated herbal tincture made with fresh locally grown and organically sourced herbs, for hormonal balance and nervous system support, lactation safe.

1oz dropper bottle \$13    2oz dropper bottle \$25

**Sitz Bath** - loose leaf herbal blend for healing sore vaginal tissues.  
Steep tea and strain, add to a prepared sitz bath or soak pads to freeze and apply externally.

10g \$6    50g \$15

**Baby's First Bath** - loose leaf floral blend for soothing and cleansing new baby skin.

10g \$6    50g \$15

Place your order via email or phone: [arisebotanicals@gmail.com](mailto:arisebotanicals@gmail.com) // 402-525-2374

**More information online at [AriseBotanicals.com](http://AriseBotanicals.com)**

*Thanks for supporting your local herbalist!*