

Hello! hope you love this carefully curated selection of goods designed to nurture not only new mothers during their Fourth Trimester but anyone who needs a big warm hug! Please do not hesitate to get in touch if you would like to learn more about any of the items listed below.

**BABYMOON BLISS TEA** by Blissful Herbs (Vic)

This tea is a way to offer love and care to a new mother, and gently remind her to take good care of herself. The Babymoon Bliss tea is an ideal tea for the postpartum healing period, with richly nutritious tonic herbs, gentle sedatives to calm and nourish the nervous system and help the mother rest and recover her strength, and herbs to balance the hormones and ensure a plentiful milk supply. This tea is not just for new mothers – it can safely be enjoyed by anyone at any time! \*Comes with a mesh steel infuser

**NEPALI RICE PUDDING** by Justine

This recipe is based on a recipe from my teacher Julia Jones (Newborn Mothers Collective) with a few tweaks and additions such as currants, goji berries and shredded coconut to make it my own. Made with love in my council registered kitchen using organic ingredients, it is a lovely, easy to digest version of a traditional Nepali first food for mothers after birth. It aids digestion and as has instantly accessible energy and builds blood. Enjoy as often as you like.

**MUSLIN FACE WASHER** by Disana

Organic cotton washcloth made by Disana (Germany) and supplied by Woollykins here in Victoria. After a few washes it will soften up, shrink to size and become lovely and crinkly. This is my favourite cloth to use in the bath and while super-soft, also great for gentle face exfoliation.

**SOOTHING SALVE** by Blissful Herbs (Vic)

Soothing salve is the ultimate all-round balm! Can be used on lips, nipples, bottoms, bellies, bits, scratches, itches and grazes. Hand blended by herbalist Julie Bell using healing organic ingredients from nature. Contains a soothing blend of beeswax, olive, coconut, rosehip, calendula, hempseed and damask rose absolute oils. \*Has been formulated to be safe for use while breastfeeding.

**EYEPILLOW** by WheatBags Love (Vic)

Made in Melbourne – these versatile little eyepillows have so many uses such as easing headaches and migraines, helping sore eyes and helping you relax, meditate or get to sleep a little easier. You can use them cold, warm, or just at room temperature. I love this smaller size as it's also perfect as a mini heat pack elsewhere on your body (i.e. sore boobs – and will fit perfectly in your bra/nursing top!)

**BALANCE AROMATIC MIST** by Mother Nurture (Vic)

Created by Melbourne clinical aromatherapist and Midwife Sonya Edmonds this gentle aromatic mist can be sprayed on the face, body or direct surroundings. These essential oils combined with organic rose hydrosol can help calm, balance and reduce fears and safe to be used during pregnancy, postpartum and around babies. \*The label does not state 'organic' rose hydrosol but Sonya has confirmed that she was able to source a good quality one for this batch.

**ORGANIC OLIVE OIL SOAP (Fragrance-free)** by Mokosh (WA)

A handmade, gentle olive-oil based soap that cleanses without dehydrating the skin due to its high glycerine content. Certified (100%) organic, vegan, palm and essential oil free. Suitable for babies and sensitive skin. Based on a combination of nature, science and Ayurvedic principles, I love the simplicity and values that underly the Mokosh range. Simple, low waste skincare that respects nature, all ingredients are vetted for ethics and effectiveness before being packaged in refillable and recyclable glass or paper.

### **ORGANIC SOAP WITH COCONUT & CACAO BUTTER (Rose Geranium, Patchouli & Mandarin) by Mokosh (WA)**

A gentle handmade soap with a luxurious blend of organic cacao butter, coconut and olive oils that cleanse without dehydrating the skin. Very lightly scented with Rose Geranium, Patchouli and Mandarin. Certified (97.5%) organic, vegan and palm oil free. Based on a combination of nature, science and Ayurvedic principles, I love the simplicity and values that underly the Mokosh range. Simple, low waste skincare that respects nature, all ingredients are vetted for ethics and effectiveness before being packaged in refillable and recyclable glass or paper.

### **POSTNATAL BLISS BATH/HEALING HERBS by Blissful Herbs (Vic)**

Blended by qualified herbalist Julie Bell, this special blend of soothing organic herbs can reduce swelling and discomfort following childbirth (vaginal or caesarean) and speeds the healing of any wounds/grazes/tears in the perineal area. It is also soothing and healing for caesarean wounds. The cooled and diluted mixture can also be used in an irrigation/peri bottle for gentle cleansing and soothing which can provide much relief for many women in the early days post-birth. These herbs can be also used in a bath (full or foot) with added Epsom salts or magnesium flakes for a more relaxing soak. \*Full instructions and an irrigation bottle are included in the Ultimate care pack.

### **BELLY BINDING SUPPORT BANDAGES by Tubigrip**

Belly wrapping in the days, weeks (and even months) after birth is practiced in many traditional cultures. It can help you feel grounded, supported, and held without the restriction that often occurs with the more commercial recovery type shorts or bands. The larger size can be used in the later stages of pregnancy and first few weeks of postpartum – and the smaller when you are ready. You want to feel supported and like you being hugged. You can wear this as long as you like during the day and for as long as it is comfortable. Many women wear them ongoing as it feels so good. It is generally not recommended to sleep in the binding. Included is a handout with instructions for use and more detailed information. \*Please note that Tubigrip contains natural rubber latex so do not use if you have a latex allergy.

### **Commitment to supporting local business and sustainability :**

In sourcing products to include in my care packs, I have made a conscious decision to support Australian small businesses whose ethics and values align with mine – right down to my packaging suppliers. The purchase of one of these packs not only supports a new mother but also my own little business and at least six others (and therefore families) almost all owned by women.

My goal is to limit my contribution to the use of single-use packaging (specifically plastics) and landfill where I can. Items and packaging are mostly reusable, recyclable, or home compostable – right down to the paper-based bubble wrap, box and tags!

Mailing box- can be reused, recycled or home composted

Glass jars – can be reused or recycled

Packing/cushioning paper – can be reused, recycled place in home compost or worm farm

Tissue paper – can be reused, composted or recycled

Cello bags – these are true cellophane (vs a petroleum-derived plastic) and can place in a home compost (but not redcycle)

Tags – peel off the sticker and place in rubbish – tag can be composted, placed in FOGO bins or recycled

Jute string – can be reused, or cut into smaller pieces and place in home compost or worm farm

Fabric ribbon – 100% cotton and can be reused or cut up and placed into compost

Tape – peel off and place in rubbish