

PADSICLES RECIPE

www.reddeerdoulaassociation.com

SUPPLIES



- 5 Large Pads - Kotex nighttime ones work well, and you can cut them in half, if you want to be thrifty and get double the padsicles.
- 3.5 Cups Water - this is very specific. If you don't have the perfect amount of water, the padsicles will be ruined (just kidding...maybe).
- 1/2 cup Witch Hazel
- 4 drops Lavender Oil (so your vag can smell like a flower, and be healed at the same time). This is optional. Tea Tree oil also works.
- 3 TSP Calendula (It's okay if you need to Google this).

1

Mix the witch hazel, Lavender, Calendula, and water in a bowl.

2

Pour a fair amount of the mixture on each pad.

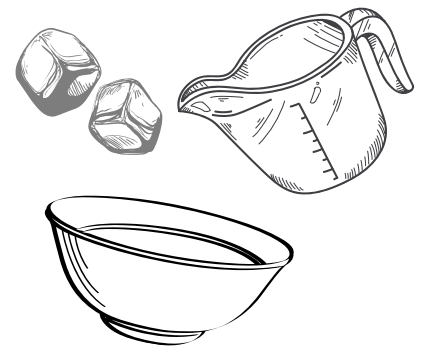
3

Place the pads in the freezer. *Pro Tip, if you lay the pads over a bowl, you'll get a nice curved shape for your bottom - genius!

4

Once frozen, take a pad from the freezer and put it on the lady bits to help bring down the swelling.

DIRECTIONS



Now, sit your butt down on the couch or bed, for about the next 6 to 12 weeks and let your body heal!