

## Instructions for chamomile steam baths (sitz baths)

### Warnings

- Danger of burns, especially with children under 6 years, elderly people, perceptually impaired people.
- Limited effect when the bowl is too low or is made of metal or when the infusion is used too early (before it has steeped for 10 minutes).
- Caution with men for anatomical reasons.

### Materials

- Chamomile flowers
- boiling water
- Toilet chair with a pot/bucket or plastic bowl to fit in to the loo
- Bath towel

### Instructions

Pour 1 litre of boiling water over 2 tablespoons of chamomile flowers, cover and let steep for 10 minutes. Pour this infusion into the pot of a toilet chair (or, if there is no toilet chair, use a plastic bowl placed in the toilet, so that the patient can sit on the toilet seat with only this steam warming them).

The patient should be wearing socks and slippers. Wrap their abdomen in a towel, so that the rising heat is not lost. After the treatment, dry and dress the patient, and ideally let her rest in bed for 30 minutes.

The duration of the chamomile steam bath is ca. 15-20 minutes – for as long as the steam is pleasantly warm. Make sure the patient does not get cold.

### Variation

Long-term treatment, such as for chronic urinary tract infection, can cause the mucous membranes to dry out. In this case, lime blossom steam baths can be given alternately to chamomile steam baths.

Weleda Almond Soothing Facial Lotion is very suitable for caring for the mucous membranes. Alternatively a little almond oil can be applied.