

frida

[WTF] WHAT'S THE FUSS?

2020 WHOLESALE CATALOG
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THE MOTHERLOAD OF LABOR &
RECOVERY
MUST-HAVES.



NoseFrida THE SNOTSUCKER

Doctor invented and recommended. Made in Sweden, NoseFrida is your go-to natural, hygienic baby booger buster. It's totally safe (for parents AND baby), so you can say "sayonara" to snotty noses.

What's Inside? 1 SnotSucker Nasal Aspirator and 4 Disposable Filters



NoseFrida THE SNOTSUCKER W/Case

Doctor invented and recommended. Made in Sweden, NoseFrida is your go-to natural, hygienic baby booger buster. It's totally safe (for parents AND baby), so you can say "sayonara" to snotty noses.

What's Inside? 1 SnotSucker Nasal Aspirator and 4 Disposable Filters and 1 travel case



NoseFrida HYGIENE FILTERS

100% WEIRD. 100% HYGIENIC. Disposable NoseFrida Hygiene Filters are clinically proven to prevent mucus or bacterial transfer for seamless snotsucking.

What's Inside? 20 Disposable Hygiene Filters



Windi THE GASPASSER

A natural solution for colic, constipation, and other gas-related problems, The Windi works instantly and does not require ingestion of any drops or medication. The Windi is a single-use catheter that helps babies get rid of excess gas. Designed to be safe and effective, The Windi cannot harm your baby if used as instructed. Most pediatric professionals are familiar with the method of using a rectal thermometer to relieve gas, colic, and constipation. The Windi is designed specifically for this purpose. The soft, pliable, hollow tube features a rounded tip that is long enough to reach past the muscle that prevents the release of the gas and also has a stopper to prevent an insertion too far.

What's Inside? 10 one-time-use GasPasser tubes



NoseFrida SALINE SNOT SPRAY

NoseFrida Saline Snot Spray is the all-natural, simple saline solution. And by “simple” we mean two ingredients– sea salt and water– that’s all! The gentle formulation moisturizes nasal passages allowing for seamless snotsucking when used with the NoseFrida Nasal Aspirator. Our small applicator tip is specially designed for the tiniest of tots. Go ahead and spray away– use as often as needed without any harmful side effects!

What's Inside? Saline Snot Spray (20ml)



NoseFrida THE SNOTSUCKER SALINE KIT

Our NoseFrida Saline Kit is the ultimate booger-busting bundle.

What's Inside? 1 NoseFrida Nasal Aspirator, 1 Saline Snot Spray (20 mL), 10 Disposable Hygiene Filters



Easy Grip Nail Scissors

Nail Scissors take the fear out of cutting the tiniest talons. Safe, rounded blade tips help you snip precisely, while an ergonomic, non-slip handle gives total trimming control so you can nail every mani and pedi.

- **MAGIC TOUCH:** Rounded blade tips help snip without nicks.
- **TACKLE TRIMMING:** Asymmetric allow for either left or right-handed users for total trimming control.
- **GET A GRIP:** Ergonomic grip for complete control without forcing your fingers into tiny handles.
- **FIDGET FRIENDLY:** 2-in-1 grip and safety case that baby can hold for easier trimming.
- **CLEAN CUT:** BPA-free and Stainless steel blades.

What's Inside? 1 Nail Scissor + 1 Grip & Safety Case
Easy Grip



NailFrida THE SNIPPERCLIPPER SET

Tackle all of your trimming troubles without nicking baby's sensitive skin with the NailFrida SnipperClipper Set. See what you're snipping spyhole and nail that mani/ pedi every time. NailFrida's specially curved blades mimic the shape scissor and are igned for smooth and silent snipping. Smooth sharp corn curved S-file that's shaped just for baby- a must for newborn care.

What's Inside? 1 NailFrida SnipperClipper, 1 S-Shaped Baby File



NailFrida THE SNIPPERCLIPPER SOLO

Tackle all of your trimming troubles without nicking baby's sensitive skin with the NailFrida SnipperClipper. See what you're snipping through the safety spyhole and nail that mani/ pedi every time. NailFrida's specially curved blades mimic the shape of a baby scissor and are uniquely designed for smooth and silent snipping.



NailFrida THE S-CURVED NAIL FILES

The S-Curved Files let you and baby save face with a design that contours to baby's nails for a perfectly filed finish.

What's Inside? 5 S-Curved Nail Files



SmileFrida THE FINGER TOOTHBRUSH

When it comes to oral care, it's good to start 'em young! The SmileFrida Finger Brush makes it easy to clean your squirmy little one's baby teeth, without losing your sanity. And the double-sided brush tackles top + bottom at the same time. Plus, a gentle massage with the Finger Brush can go a long way in alleviating teething woes.

Use the Finger Brush from 3 months and up, then graduate to the ToothHugger at 18 months to start teaching your kiddo how to brush on their own.

What's Inside? 1 SmileFrida Finger Toothbrush, 1 Stand + Lid



SmileFrida THE TOOTHHUGGER

Put the brushing battles to Bed! SmileFrida the ToothHugger has a unique triple-angle brush design that cleans all sides at once while massaging the gum lines. Specially designed with little brushers in mind, SmileFrida is easy to hold and gentle on sensitive gums.

Dentists recommend replacing a toddler's toothbrush every 3 months and immediately after a cold or flu.

For 18M+.

What's Inside? 1 SmileFrida toothbrush



Paci Weaning System

Dentists recommend kicking the paci habit by the time baby is 12 months old. We've got the weaning process down to a science (literally!) with this 5-step system to ditch the pacifier for good. Each paci is progressively shorter - and less satisfying - so baby gives that binky the boot. No kitchen scissors required!

- **5 STEP SYSTEM:** Gradually reduces sucking satisfaction to wean from orthodontic nipple only.
 - **DENTIST DESIGNED:** Invented by a pediatric
 - **BOOT THE BINKY:** Most effective on 12 months.
 - **BPA-FREE:** Latex-free and BPA-free. Silicone nipples.
- What's Inside? 5 orthodontic-shaped dentist-designed pacifiers that get shorter



MediFrida
THE ACCU-DOSE PACIFIER

The right dose for baby, an extra dose of sanity for you. MediFrida delivers the full dose through a soft, familiar paci that sends medicine to the side of the cheek, bypassing baby's taste buds. Baby can't spit out what baby can't taste! There's more! MediFrida is the only paci-style medicine dispenser that doubles as a real pacifier, so dosing doesn't disrupt baby's busy soothing schedule.

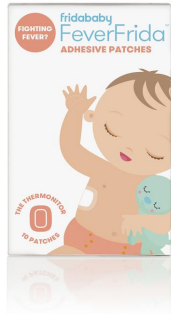
What's Inside? 1 MediFrida Medicine Dispenser + Pacifier, 1 Standard Oral Medicine Syringe



FeverFrida
THE COOL PADS

When fever hits, Cool Pads help bring your little one's temp back down. No need to refrigerate them . . . just open, cut to any size if needed, and apply the compress on the area that needs to chill (for up to 8 hours!). Plus the Cool Pads are nontoxic and safe for sensitive skin.

What's Inside? 5 Cold Compresses



FeverFrida ADHESIVE PATCHES

FeverFrida Adhesive Patches are medical-grade, non-irritating hydrogel patches that will keep the FeverFrida in place all day or night. Specially designed to be safe for sensitive skin!

What's Inside? 10 FeverFrida Adhesive Patches.



FeverFrida Thermonitor

WIRELESS: Allows parents to remotely monitor real-time temperature via low energy wearable Bluetooth device using any smart device

FEVER ALERT: Get some sleep yourself! Parents receive alerts when child's temperature begins to rise over a customizable preset temperature

CONTINUOUS: FeverFrida captures axillary (armpit) temperature every four seconds and relays data

ACCURATE: Unrivaled accuracy, data tracking and temperature trend analysis over hours, days or weeks. Will even track when medicine was administered, and remind you when your child is due for another dose via text or email

CLOUD CONNECTED: Monitor your child's temperature from anywhere, preserve data for easily accessible medical history, and share with caregivers. Store up to 10 days of temperature data



Quick-Read Digital Rectal Thermometer

Fevers and newborns are not a good mix. Butt, knowing their temp, and knowing it quickly, is. The Quick-Read Rectal Thermometer gives you fast and accurate rectal temperature readings in just 10 seconds. Safe flexible tip and stopper make it parent-proof.

FEVER OR FINE IN A FLASH: Delivers a 10-second quick read

KEEP YOUR COOL: Parent-proof rectal insertion stopper to keep you from inserting too far, and a large display with backlight makes nighttime temp checks easier.

TUSH TEMP: AAP recommends that for at least the first year of baby's life (though up to three is best), temp checks should only be done rectally. Plus, the parent-proof stopper with an LED light makes tush temp checks worry-free.

BABY FEVER: BPA-Free and latex-free. Plus, water-resistant for easy cleaning.

MEMORY MODE: Memory stores up to 10 previous readings

For 0+ Months

What's Inside? 1 Rectal Thermometer + 1 Carry Case



BreatheFrida THE 3-IN-1 HUMIDIFIER, DIFFUSER + NIGHTLIGHT

When baby's room is dryer than a philosophy lecture, it's time to turn on the BreatheFrida 3-in-1 Humidifier and get some moisture back in the building. The ultimate triple threat, this humidifier also acts as a diffuser and nightlight! Add a few drops of essential oils to naturally soothe and calm your little one and turn on the nightlight for bedtime visibility.

What's Inside? 1 Humidifier + Diffuser + Nightlight



BreatheFrida VAPOR DROPS

Fridababy's BreatheFrida Vapor Bath Drops deliver cold and flu season comfort with organic eucalyptus and lavender oils that help baby keep calm and breathe easily. Simply drop in to warm bath water or place a few drops into a diffuser.

- Vapor bath drops help calm your baby and facilitate breathing
 - Deliver cold and flu season comfort with organic eucalyptus and lavender oils
 - Drop into warm bath water or add to a diffuser (sold separately)
 - Suitable for age 3 months and up
 - Ingredients: helianthus annuus (sunflower seed oil)-60%, sesamum indicum*(sesame seed oil)-21%, lavandula angustifolia (lavender oil), organic ingredient -9%, fragrance - eucalyptus oil - 10%
- What's Inside 9.5ml eucalyptus + lavender oil



BreatheFrida THE BOOGERWIPER

A chest balm meets tissue mashup, BoogerWiper soothes sore sniffers at home and on-the-go with all the benefits of a chest balm in a fuss-free wipe form. Chamomile, Aloe + Vitamin E provides a cooling relief to tender noses, and all-natural menthol + eucalyptus leave baby feeling refreshed from chest to toes.

What's Inside 30 count wipes per pack



BreatheFrida THE NATURAL VAPOR BATH BOMBS

When your kiddo's airways are more congested than the airport on Thanksgiving, throw a BreatheFrida Vapor Bath Bomb in the tub and breathe in the naturally soothing aromas! With eucalyptus and lavender oils, our Vapor Bath Bombs will help get you through cold & flu season. And hey, they work for adults, too!

For 2+ Years

What's Inside? 3 Eucalyptus + Lavender Bath Bombs (1.5 oz ea)



SleepFrida THE NATURAL VAPOR BATH BOMBS

Kickstart bedtime routine at bath time with natural Vapor Bath Bombs, made with soothing lavender oils. Like a lullaby for the nose, these lavender Bath Bombs indulge little one in a chill bath sesh and [fingers crossed] a sound night's sleep.

- **RELAX, BABY:** Natural vapor bath bombs for bedtime wind down.
- **LAVENDER LULLABY:** All-natural formulation with lavender oil.
- **ZzZzZ:** Calming bath vapors for sleepy time.
- **SOFT SKIN:** Essential oils make skin super soft.
- **BATHTUB USE:** Use one Bath Bomb in bathtub; takes 6-8 minutes to dissolve.

For 2+ Years

What's Inside? 3 Lavender Bath Bombs (1.5 oz ea)



DermaFrida THE FLAKEFIXER

Did you know that almost 70% of babies end up with crusty cradle cap? Give flakes the brush off with our Flake Fixer - the first 3-step system specially designed to fix the flake situation. First LATHER (with sponge), then LOOSEN (with brush) and LIFT (with comb) then get back to the baby with more cradle, less cap.

What's Inside? 1 FlakeFixer the 3-Step cradle cap regimen



DermaFrida THE BATH MITT

Toss the smelly washcloth and say “ta-ta” to tub tantrums. DermaFrida the Bath Mitt fits little paws AND big hands so your kiddo can practice good hygiene, then you can take over to get ‘em squeaky clean. After all, how can you trust this job to someone who can’t even wipe their own butt? Get your scrub on with the Bath Mitt.

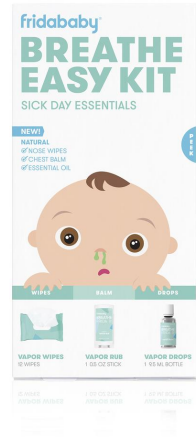
What's Inside? 1 Bath Mitt



DermaFrida THE SKINSOOTHER

Prevent resting itch face and kick dry skin, cradle cap + eczema to the curb! DermaFrida the SkinSoother is a baby spa in the palm of your hand, keeping baby’s biggest organ – the skin! – healthy, flake-free and soft as... wait for it.. a baby’s butt.

What's Inside? 1 pack includes 1 Baby Bath Brush; 2 pack includes 2 Baby Bath Brushes + 1 on-the-go storage case



Breathe Easy Kit THE SICK DAY ESSENTIALS

Baby all stuffed up? The Breathe Easy Kit has everything you need to rid your little one’s nose of boogers, mucus and snot. BreatheFrida Vapor Wipes clean up boogies on-the-go, while the organic Vapor Rub is no mess chest balm to help baby breathe easy. Plus the organic Vapor Drops soothe with natural essential oils that are safe for sensitive skin.

For 3+ Months

What's Inside? 12 Vapor Wipes, 1 0.5 oz Vapor Rub stick, 1 9.5 ml Vapor Drops Bottle



Sick Day Prep Kit THE SUPERHERO SURVIVAL SIDEKIT

When baby goes viral (and not in the millions of followers way), there's no time to fuss around. Our Sick Day Kit contains the tools you need to fight whatever's ailing your kiddo, all in one grab-and-go package. Suck out those stubborn boogers with NoseFrida the SnotSucker. Give baby the right dose of medicine, with MediFrida the Accu-Dose Pacifier. Clean snotty noses on-the-go with BreatheFrida the SnotWiper + soothe congested airways with BreatheFrida the Vapor Rub chest balm. We recommend stocking up before illness hits so you're ready to play Nurse at a moment's notice.

What's Inside? 1 NoseFrida, 4 Hygiene Filters, 1 MediFrida Medicine Dispenser + Pacifier, 1 Standard Oral Medicine Syringe, 1 BreatheFrida with 12 Wipes, 1 BreatheFrida Vapor Rub Chest Balm



Baby Grooming Kit (YOU'LL ACTUALLY USE)

When baby's got a photo-op, you'll be ready. Grooming for the 'gram? There's a kit for that. This head-to-toe grooming set has everything you need to get baby 'gram or grandma ready.

- **FINGER BRUSH:** Double-sided finger brush gets top and bottom gums at once and protects finger from baby bites
- **NAIL SCISSORS + CASE:** Ergonomic, no-slip handle gives you trimming control, while rounded blade tips help snip precisely. Safety case doubles as a gripper so baby can hold for easier trimming
- **NAIL FILE:** S-shape nail file is designed with small fingers in mind to give a smooth finish after clipping baby nails.
- **HAIR BRUSH + COMB:** Head-hugging soft-bristled brush keeps the 'do under control and styling comb that's made for one-handed mane-taming
- **BPA- FREE:** All items in this kit are BPA- and latex-free

For 0+ Months

What's Inside? 1 Finger Brush with Storage Stand, 1 Hair Brush with Case, 1 Styling Hair Comb + 1 Easy Grip Nail Scissors with Nail File and Case



Baby Basics Kit (YOU'LL ACTUALLY USE)

Whether you've got a baby at home or a baby shower on the schedule, the Baby Basics Kit is the bringing-up-baby must-have. Bust stubborn boogers, free trapped farts, cut those claws, and kick cradle cap to the curb — all with the ingenious tools inside! Basically, the Baby Basics Kit has everything a parent needs to keep baby healthy + clean from head to toes.

For 0+ Months

What's Inside? 1 NoseFrida & 4 Hygiene Filters, 5 Windi the GassPasser tubes, 1 NailFrida the SnipperClipper Set, 1 DermaFrida the SkinSoother, 1 Keep-It-All-In-One-Case Zippered Pouch



Bitty Bundle of Joy
THE FUSS-BUSTER TOOLKIT

From hospital bag to diaper bag, Bitty Bundle of Joy is the perfect starter kit for new parents. It's packed with four of our bestselling products including the #1 most-registered for baby product, NoseFrida the SnotSucker, and our post-delivery care must-have, Fridet the MomWasher. Wrapped in a reusable pouch, with a customizable gift tag, Bitty Bundle of Joy is the ultimate shower gift kit.

What's Inside? 1 NoseFrida & 24 Hygiene Filters, 1 10-pack of Windi the GasPasser tubes, 1 NailFrida the SnipperClipper Set, 1 Fridet the MomWasher



Big Bundle of Joy
THE COMPLETE CARE KIT

Meet the mother of all gift kits. Big Bundle of Joy is the ultimate health and grooming care kit, packed with everything new parents need to keep baby (and mom) happy and healthy. Of course it comes with NoseFrida the SnotSucker, but we also included FeverFrida the iThermonitor and post-delivery care must-have, Fridet the MomWasher, so the Big Bundle of Joy can take mom from hospital bag to diaper bag, and everything in between!



What's Inside? 1 NoseFrida the SnotSucker & 24 Hygiene Filters, 1 10-pack of Windi the GasPasser Relief Tubes, 1 NailFrida the SnipperClipper Set, 1 Fridet the MomWasher, 1 FeverFrida the iThermonitor, 1 Keep-It-All-In-One-Case Zippered Pouch



THE MOTHERLOAD OF LABOR & RECOVERY MUST-HAVES.

Kick that hospital bag packing list to the curb. We've got you covered from first contraction to first postpartum bathroom trip. Trust us, your vagina will thank you.



Witch Hazel Perineal Healing Foam POSTPARTUM RECOVERY

Get instant cooling pain relief from vag to tush with this witch hazel foam that absorbs into the sore spots, not the pad.

- **RELIEVE PAIN:** Perineal Healing Foam is Step 5 in the Frida Mom 5-step Postpartum Recovery Regimen
- **COOLING PAIN RELIEF:** Foam gets where you need it to cover the entire perineal area from vag to tush. **PRO TIP:** pop in the fridge for even more cooling relief.
- **REDUCE SWELLING:** Infused with witch hazel to speed up healing of hemorrhoids and the entire perineal area.
- **NO HARSH CHEMICALS:** Made with medicated witch hazel without dyes or fragrances.
- **HOSPITAL BAG ESSENTIAL:** Use after the first postpartum bathroom trips at the hospital and back at home.

WHAT'S INSIDE ? Net 5 fl. oz. witch hazel foam



Witch Hazel Perineal Cooling Pad Liners POSTPARTUM RECOVERY

Full-coverage medicated pad liners, delivering front-to-back cooling relief in a single sheet. Ditch the H discs and heal the deal.

- **_SOOTHE:** Perineal Cooling Pad Liners are Step 4 in the Frida Mom 5-step Postpartum Recovery Regimen.
- **FULL-COVERAGE RELIEF IN ONE PAD LINER:** Covers the full length of most maternity pads and the perineal area to help reduce swelling and speed up healing, without any DIY padsicle crafting or disc layering.
 - **INSTANT AHHHHH:** Get instant cooling pain relief from vag to tush. **PRO TIP:** pop in the fridge for even more cooling relief.
 - **NO HARSH CHEMICALS:** Made with medicated witch hazel without dyes or fragrances.
 - **HOSPITAL BAG ESSENTIAL:** Use after the first postpartum bathroom trips at the hospital and back at home.

WHAT'S INSIDE ? 24 pad liners



Instant Ice Maxi Pads POSTPARTUM RECOVERY

Gone are the days of adult diapers filled with ice chips. These ingenious 2-in-1 postpartum padsicles combine instant cold therapy + an absorbent pad in one super chill double-date for your vagina.

- **_CHILL AND ABSORB:** Instant Ice Maxi Pads are Step 3 in the Frida Mom 5-step Postpartum Recovery Regimen
- **INSTANT COLD THERAPY:** We built an instant crack-and-cool first aid ice pack right into absorbent maxi pads to deliver the recommended 20-minute therapy window, no freezer necessary.
- **ABSORBENT MAXI PAD:** Each pad absorbs 260g of liquid, so you don't have to worry about leaks while you chill.
- **LIKE SITTING ON A CLOUD:** Super-soft top layer provides comfort in the perineal area and an option to use for soft cold therapy on a c-section incision.
- **FULL COVERAGE:** Pad covers the entire perineal area from front to back with an adhesive back so it stays put.
- **HOSPITAL BAG ESSENTIAL:** Use after the first postpartum bathroom trips at the hospital and back at home.

WHAT'S INSIDE ? 8 instant ice pads

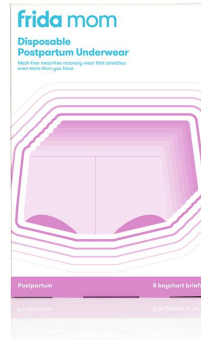


Delivery and Nursing Gown THE GOWN FOR WHEN IT GOES DOWN

We've got you covered with this tshirt-soft gown for when it all goes down. Designed for easy nursing and skin-to-skin access in the front, and full-coverage comfort in the back, you'll look and feel better from first contractions to first photos.

- **FULL-BACK CLOSURE:** Full-length rear snaps for discrete coverage on the move and easy access for epidural or fetal monitor.
- **FOLD-DOWN FRONT PANELS:** Snaps to waist for skin-to-skin bonding time and easy nursing access.
- **SUPER-SOFT, STRETCHY JERSEY MATERIAL:** Ditch the starchy floral print hospital gown for this ultra-comfy gown with pockets (yes, pockets!). Made of 100% breathable viscose.
- **ONE SIZE:** Thanks to its stretchy, soft material, the gown fits XS - XL (Waist 36" - 48" and Bust 36" - 50").
- **HOSPITAL BAG ESSENTIAL:** Don't forget to pack this hospital-friendly labor and delivery gown for when it goes down.

WHAT'S INSIDE : 1 gown



Disposable Postpartum Underwear (8 Pack) PERINEAL POSTPARTUM RECOVERY

Mesh-free, mess-free recovery wear that stretches even more than you have. Soft, seamless and breathable to keep pads (and everything else) in place, without squeezing or pulling.

- **WEAR:** Disposable Postpartum Underwear is Step 2 in the Frida Mom 5-step Postpartum Recovery Regimen; pack in hospital bag for use after the first postpartum bathroom trips at the hospital and back at home.
 - **SUPER STRETCHY ALL OVER:** More flexible than your prenatal yoga teacher, these undies are designed to keep pads (and all other recovery layers) in place without compromising comfort.
 - **MADE OF MICROFIBER + SPANDEX:** Super soft, breathable, mesh-free and latex-free (versus the uncomfortable, see-through, fishnet-like pair from the hospital).
 - **FULL COVERAGE BOY BRIEF CUT:** Designed to hold the layers of relief in place, starting with immediate postpartum recovery through the first 6 weeks of recovery.
 - **AVAILABLE IN 2 SIZES:** Regular size: Waist 28" - 42"; Petite size: Waist 23"

WHAT'S INSIDE : 8 boyshort briefs



High-waist Disposable Postpartum Underwear (8 Pack) C-SECTION POSTPARTUM RECOVERY

Mesh-free, mess-free recovery wear that stretches even more than you have, yet won't roll down over the incision. Soft, seamless and breathable to keep pads (and everything else) in place, without squeezing or pulling.

- **WEAR:** High-Waist C-Section Disposable Postpartum Underwear is Step 2 in the Frida Mom 5-step Postpartum Recovery Regimen.
 - **SUPER STRETCHY ALL OVER:** More flexible than your prenatal yoga teacher, these undies are designed to keep pads (and all other recovery layers) in place without compromising comfort.
 - **MADE OF MICROFIBER + SPANDEX:** Super soft, breathable, mesh-free and latex-free (versus the uncomfortable, see-through, fishnet-like pair from the hospital).
 - **HIGH-WAIST BRIEF CUT:** Designed to hold the layers of relief in place - with a higher waistband that won't roll down over your incision - starting with immediate postpartum recovery through the first 6 weeks of recovery.
 - **HOSPITAL BAG ESSENTIAL:** Use after the first postpartum bathroom trips at the hospital and back at home.
 - **AVAILABLE IN 2 SIZES:** Regular size: Waist 28" - 42"; Petite size: Waist 23" - 34"

WHAT'S INSIDE : 8 high-waist briefs

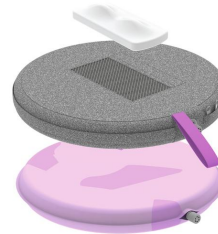
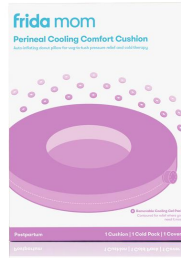


Upside Down Peri Bottle POSTPARTUM RECOVERY

Toss the hospital peri bottle and get this bidet for your vajay. It's the MomWasher for relief and postpartum care down there.

- **CLEANSE:** The Upside Down Peri Bottle is Step 1 in the Frida Mom 5-step Postpartum Recovery Regimen
 - **UPSIDE DOWN ERGONOMIC DESIGN:** Specifically designed to be held upside down - avoiding the dreaded hand-in-toilet situation - with a narrow angled neck for a continuous stream of relief right where mom needs it.
 - **PORTABLE BIDET:** Holds 10 oz of water and comes with a waterproof storage bag for on-the-go. Pro-tip: add 1-2 drops of witch hazel for extra soothing relief.
 - **C-SECTION MAMAS:** Clean your vagina and incisions without pressure.
 - **HOSPITAL BAG ESSENTIAL:** Use during the first post-delivery bathroom trips at the hospital and back at home.

WHAT'S INSIDE: 1 peri bottle, 1 waterproof travel bag



Perineal Comfort Cushion POSTPARTUM RECOVERY

With 'rhoids, swelling and even tearing, something as simple as sitting will be a real pain in the...butt. The Perineal Comfort Cushion provides a much-needed relief from vag to tush in a discreet go-anywhere pillow. Sit on the donut side to relieve pressure, or flip it over and insert the reusable cold pack (included) to reduce perineal pain and swelling. Go on and give yourself a seat [and sigh] of relief.

- **TWIST, FOLD + GO:** Cushion Auto-inflates in 30 seconds (no batteries or blowing required)
- **COMPACT + PORTABLE:** Design discreetly goes wherever you go - one less pain in the butt
- **DONUT WORRY:** Open "donut" space reduces pressure while sitting
- **VERY COOL:** Reusable contoured cold pack to cool sore perineal areas
- **TWO SIDED:** Donut side to relieve pressure, cold therapy side to reduce pain and swelling.
- **PRO TIP:** When using for the first time, your new cushion might need some extra air. Just blow into the valve to fill it all the way.

WHAT'S INSIDE : 1 Cushion, 1 Reusable Cold Pack, 1 Machine-washable Cover



Sitz Bath Tablets POSTPARTUM RECOVERY

Get soothing relief from vag to tush with this Sitz Bath Tablets. These all-natural mess-free dissolving tablets are just what the doctor ordered to relieve pain and swelling associated with childbirth. Sitz down and heal awhile.

- **MESS-FREE DISSOLVING TABLETS:** Includes 7 tablets per tube (Net 0.9 oz)
- **SITZ DOWN AND HEAL AWHILE:** Pre-measured dose keeps the guesswork out of Postpartum Recovery
 - **EFFERVESCENT TABLETS:** All Natural Herbal + Epsom tablets are great for a soothing soak for vag and tush
 - **SUGGESTED USE:** 1 x daily or as desired. Fill sitz bath with 1.5L of warm water, drop a tablet in and let it fizz. Once dissolved, gently sit in the natural herbs + Epsom salt to work their magic for about 20 minutes. [For external use only. Do not ingest. Always dilute in water.]
 - **PRO TIP:** Prop your feet up to sitz more comfortably

WHAT'S INSIDE ? 7 tablets per tube (Net 0.9 oz)



Postpartum Recovery Essentials Kit MUST-HAVE FOR NEW MOMS

The bathroom recovery regimen you won't want to pee without. Contains everything you need to jump-start recovery during those first few visits to the bathroom.

- **RECOVERY FOR EVERY BATHROOM TRIP:** Each product delivers postpartum relief for the perineal area.
- **EASY ACCESS CADDY:** Keeps everything mom needs for each bathroom trip within reach.
- **POSTPARTUM RECOVERY REGIMEN:** For postpartum care, this kit includes steps 2 - 5 of the Frida Mom 5-step Postpartum Recovery Regimen to cool, absorb, soothe and relieve pain in the perineal area.
- **REGISTRY GO-TO:** This is the starter kit moms-to-be or new moms need to make it through those painful first few weeks of recovery.

WHAT'S INSIDE

- Disposable Postpartum Underwear (4 pairs) - Size Regular, Waist 28" - 42"
- Instant Ice Maxi Pads (4 pads)
- Perineal Cooling Pad Liners (24 witch hazel liners)
- Perineal Healing Foam (net 5 fl. oz.)
- Toilet-top storage caddy



Labor and Delivery + Postpartum Recovery Kit HOSPITAL BAG MUST-HAVES

The kit for when s%*t gets real. This is the motherload of postpartum must-haves, from first contractions to first post-baby toilet trip. Just pack in your hospital bag and you're good to go!

- **5-STEP POSTPARTUM RECOVERY REGIMEN** N: This kit includes all 5 steps of the Frida Mom Postpartum Recovery Regimen to cleanse, wear, cool and absorb, soothe and relieve pain in the perineal area.
- **PERFECT GIFT FOR MOM-TO-BE:** Perfectly packaged for registry and shower gifting for a mom-to-be.
- **REGISTRY MUST-HAVE:** This deluxe kit has everything mom needs for labor and delivery + postpartum.

WHAT'S INSIDE ?

- Delivery and Nursing Gown (1 gown) - One Size, fits XS-XL
- Labor and Delivery Socks (1 pair)
- Upside Down Peri Bottle (1 peri bottle)
- Disposable Postpartum Underwear (4 pairs) - Size Regular, Waist 28" - 42"
- Perineal Cooling Pad Liners (24 witch hazel liners)
- Instant Ice Maxi Pads (4 pads)
- Perineal Healing Foam (net 5 fl. oz.)
- Toilet-top storage caddy and carry case