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Review/Giveaway: Fairhaven Health Milkies Breastfeeding Aids



I want to start this review off with a little of my back story on one of the products first, I hope that sharing with you my journey could help you see the importance these products held for me in my breastfeeding journey.

I believe breastfeeding is one of the best things I can do for my little one. Even while I was still pregnant, I knew right away I would want to breastfeed with a goal of 1 year or more.

With my first child I gave up too soon, mostly because it hurt due to poor latching on my part and the lack of knowledge on items that could make it easier on me. As often happens with new moms, I just didn't have anyone to tell me what was available to help me out.

During this pregnancy, I received a collection of products for review from Fairhaven Health, and prepared for our daughter's birth by educating myself on how these products could help me make this time a more successful breastfeeding experience.

A product I tried out was the **Milkies Nipple Nurture Balm**. I actually started using this before she was born.



Since I will not be posting pictures, imagine if you will dry cracked nipples - - not something any women wants to deal with on top of being pregnant!

Milkies Nipple Nurture Balm is organic and lanolin-free, and to me a product where I can read and know what each ingredients is BONUS!!

To give you an idea of the texture, I would say it is a little thicker then oil and thinner then petroleum jelly. Which, when applying to your nipple, is a GOD send, as it clings to the skin without running and without pulling at tender flesh.

So, before I even pumped, this product was helping me with protection. I then started using it before pumping, and trust me a little goes a long way in this balm. Though it says it's baby safe, after tasting it myself I would not want to give that to her.

I can't really pinpoint what it tastes like but olive oil and shea butter is close, which are among the 5 ingredients, but still nothing I could want to eat. I will say it is nice to know that if, in the moment, I have some left on my nipples that it would not harm her.

Currently, I am using the Nipple Nurture balm to help protect against cold air and dryness, and it is working perfectly - I have not experienced cracked nipples since I started applying it. BLESSINGS!