

POSTNATAL SUPPORT



MAMA
NURTURED.



PACKAGES

I offer three flexible packages designed to envelop you in care during your fourth trimester and beyond. My approach combines practical support with holistic treatments and each package includes a variety of nurturing services designed to meet your specific needs. On top of doula support, all packages additionally include:

Postnatal Treatments:

Experience the healing power of my postnatal treatments, carefully crafted to restore balance to your body and mind. From gentle lymphatic massage to emotional stress relief techniques, each session is designed to promote relaxation, support hormonal balance, and enhance your overall well-being.

Hand-Delivered Care Packages:

Receive a thoughtful care package straight to your door after the birth of your baby. Filled with homemade meals, nutritious snacks, and self-care essentials, it's my way of ensuring you feel supported and nourished during this special time.

Beyond Birth Workshop:

Included in every package for free is my Beyond Birth workshop, where we explore the fourth trimester in depth, prepare you for after the birth and discuss your unique needs and preferences as a family. Whether in person or on Zoom, this personalised session is designed to empower you with knowledge and support as you prepare for the early days of parenthood.

REST

£660

REST offers you 18 hours of postnatal doula support, dedicated to nurturing and nourishing you through the fourth trimester. From preparing meals to easing your laundry burden, or simply sharing a comforting cuppa while we chat, consider it your sanctuary.

REST also includes a restorative postnatal treatment focused on enhancing your rest and sleep. We'll delve into:

- Supplement testing: Together, we'll identify the nutrients essential for calming your mind and promoting better sleep.
- Gentle lymphatic massage: Sink into deep relaxation as tension melts away, leaving you feeling lighter and more at ease.
- Emotional stress relief techniques: Create a safe space to explore any concerns or anxieties, providing you with the support you need to let go and unwind.
- Calming facial massage: Release tension held in the jaw area, where stress often accumulates, leaving you with a sense of calm and serenity.
- Toolkit of techniques: Take home practical tools, including acupressure and guided meditation, to help you drift off to sleep naturally and effortlessly.



NURTURE

£880

NURTURE includes 24 hours of postnatal doula support, tailored to your evolving needs. Whether it's navigating your changing identity, breastfeeding support, or caring for older siblings, I'm here to assist.

This package also features two postnatal treatments, addressing both sleep and hormonal balancing, to ensure you feel supported on every level.

Postnatal treatments include:

- Supplement testing and nutritional guidance to support hormonal balance, ensuring you feel grounded and centred as you navigate the challenges of new motherhood.
- Gentle lymphatic massage to strengthen your hormonal system, promoting a sense of harmony and well-being.
- A safe space to discuss any emotional challenges you may be facing, providing you with the support and understanding you need to thrive.
- Nutritional advice tailored to support your hormonal health postnatally, helping you feel nourished and empowered as you embrace this transformative journey.



HEAL

£1100

HEAL encompasses 30 hours of postnatal doula support, offering you the flexibility to tailor your care journey. From batch cooking to mental health support, c-section recovery, or birth debriefing, I'm here to assist you every step of the way.

This package also includes three postnatal treatments, focusing on rest, hormonal balancing and a third treatment on healing from your birth experience, providing comprehensive support for your physical and emotional well-being.

Postnatal treatments include:

- Nutritional support tailored to aid your healing process, ensuring you feel strong and resilient as you recover from childbirth.
- A dedicated session to debrief on your birth experience, providing closure and understanding as you process the emotions and memories associated with this transformative event.
- Special techniques to release any emotional and physical imprints of the birth from your body, allowing you to move forward with grace and ease.
- Calming massage techniques to soothe your nervous system, promoting deep relaxation and healing from within.
- Guidance and signposting to additional care resources as needed, ensuring you have access to the support you need to thrive.



LET'S KEEP IN TOUCH

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