

POSTPARTUM CARE OFFERINGS

REST,
WARMTH &
BODY CARE

POSTPARTUM
CARE
OFFERINGS

WOMB CARE
BLISSFUL

Compassionate, Nurturing Care
for the Womb, Body & Soul

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THE IMPORTANCE OF REST, WARMTH & BODY CARE

The collective expectation of new Mothers is to "bounce back", "do it all", and "push through" with a smile on their face, with little focus on how this continues to deplete the new Mother, who is also a newborn herself. Allow me to break it down for you and the support people in your life so we may all unlearn this...

During pregnancy you're in a very expansive, Yang, "hot" state, with your body continuously changing as it nurtures and provides for growing baby. Your blood and fluid volume nearly doubles, while you're also growing and nurturing a whole other temporary organ, the placenta. Isn't the female body magical?!

As soon as the placenta is birthed, the body immediately goes from hot and expansive to cold and deficient. There is a wound the size of a dinner plate in your Womb from where the placenta detaches that takes at least 6 weeks to heal. For weeks you release excess blood and fluid.

Your body is healing from the inside out from the trauma and strain of pregnancy and birth, however you birthed your baby. The body is the most physically and energetically open it will ever be. Your Womb continues to contract for weeks, involuting to it's original size, and your organs find home again.

Regardless of how "prepared" you are for birth and postpartum, you are in a natural state of exhaustion and depletion, likely for longer than you anticipate.



THE IMPORTANCE OF REST, WARMTH & BODY CARE

(CONTINUED...)

On top of that, you are now lactating and feeding your baby through your depleted, exhausted, healing body. Did you know that fluid loss from breastfeeding is the equivalent to blood loss of the same volume?

This Yin, open, depleted state leaves you susceptible to cold entering the body, particularly through the Womb, which delays and inhibits healing.

We have a collective awareness that after injury, surgery or illness, rest and supportive elements like heat, physiotherapy or other common modalities of body care are required for healing, but for some reason we don't remember the same is required for the newborn Mother. Mothers also need to be Mothered.

Without adequate Rest, Warmth and Body Care, the Mother will find herself anxious, exhausted and dysregulated. This will manifest into perinatal mood disorders like Postpartum Depression, Anxiety or rage. All of this is avoidable and reversible with appropriate care and tending to.

This is where I come in. I create the space for you to Rest, while also bringing in Warmth and Body Care practices to support healing, promote blood flow, support your lymphatic system, breath, movement, mindfulness and nervous system regulation practices.



THE REST, WARMTH & BODY CARE PACKAGE

I would be honored to create a sacred, warm, restful space for you, to support healing and your transition into Motherhood.

The Rest, Warmth & Body Care Package Includes:

(4 hours)

- Holding space for whatever you're currently experiencing in your body, relationship to self, your partner, the transition into motherhood, or anything that is currently up for you, and offering resources to support you;
- Support with creation of a restful, warm, peaceful space in your bedroom, bathroom and/or alternate sacred space;
- Your choice of one (1) Body Care option (*while I tend to Baby, with all supplies provided and included in the price - choose from the Menu below*);
- Light house work like dishes, laundry, tidying, sweeping/vacuuming - whatever you need support with;
- Tea or Broth, and a homemade, nutrient dense snack (*choose from the Menu below*)

Investment (*Sliding Scale*) - \$300 - \$400

(per 4 hours - things may not go exactly according to plan, as goes life with babies, but we will meet reality where it's at and I'll be with you for the full 4 hours)

REST, WARMTH & BODY CARE - CHOOSE ONE OPTION

All of these practices are deeply restful, warming and nourishing for the Womb, Body and Soul. I provide you with supplies and resources so you can continue these practices on your own, too.

CASTOR OIL PACK - Included is a new bottle of Castor Oil, 4 cotton cloths and a role of parchment paper



- Anti-inflammatory and detoxifying;
- Penetrates 5 inches into the body, breaking up scar tissue;
- Activates and supports the lymphatic system;
- Encourages the Womb and digestive system to return to normal function

HERBAL & EPSOM SALT BATH - Included are 3 hand-made herbal blends and 3 cups of Epsom Salts



- Steep a soothing herbal tea blend with rose, lavender, calendula, yarrow, and basil to add to an Epsom Salt bath
- Epsom Salts soothe pain, relax the body, soothe the nervous system, are anti-inflammatory and supports detoxification

WARMING OIL BLENDS - For the Body and Womb (self massage)



- Warm sesame oil with Thieves essential oils. Ayurvedic Abhyanga massage technique to promote lymph and blood flow. Deeply hydrating for the skin.
- Chinese Moxa/Mugwort Oil - warming and healing for the Womb, builds blood and lymph circulation.

REST, WARMTH & BODY CARE - CHOOSE ONE OPTION

All of these practices are deeply restful, warming and nourishing for the Womb, Body and Soul. I provide you with supplies and resources so you can continue these practices on your own, too.

TIME ALONE TO REST/NAP - with my UTK Far Infrared Heating Pad



- Healing Jade & Tourmaline Stones, comfort from heat and weight
- Penetrates 4-6 inches into the body, easing pain and reducing inflammation
- Releases negative ions, grounding and soothing for the nervous system

GENTLE MOVEMENT/RESTORATIVE YOGA - with blocks and bolsters



- Drawing on my 10 years of experience teaching yoga
- Supported poses and movements to release tension, ease pain, and create space in the body
- Grounding, relaxing and regulates the nervous system

GUIDED RELAXATION & MEDITATION - in a cozy space with music



- Guided nervous system regulation practices
- Guided body scan and progressive relaxation practice
- Guided meditation to connect to your Womb, Body & Soul
- Curated music and singing bowl



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WOMB CARE

THE REST, WARMTH & BODY CARE PACKAGE

(Choose one Tea OR Broth).

TEA MENU

FRESH GINGER, TURMERIC & LEMON TEA

*anti-inflammatory, soothing and warming
for the digestive system*

WHOLE SPICE CHAI TEA

*black tea with freshly ground warming
spices and fresh ginger*

RED DATE & GOJI BERRY TEA

*supports circulation, builds blood, supports
spleen and qi replenishment*

BLISSFUL POSTPARTUM TEA INFUSION

*warming, nervous system regulating, and
anti-inflammatory*





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WOMB CARE

THE REST, WARMTH & BODY CARE PACKAGE

(Choose one Tea OR Broth).

BROTH MENU

CHICKEN BROTH

*roasted veggie & herb or
lemongrass ginger*

BEEF PHO BROTH

*with warming spices like ginger,
cinnamon, cloves, and more*

SHIITAKE IMMUNE BOOSTING VEGETABLE BROTH

*rich and flavorful, full of vitamins and
minerals for immune support*





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WOMB CARE

THE REST, WARMTH &
BODY CARE PACKAGE

(Choose one option).

SNACK / SWEET MENU

CHOCOLATE-DIPPED NUT BUTTER
STUFFED MEDJOOOL DATES

tastes like a Snickers bar, but way healthier!

CHOCOLATE CHIP BANANA OATMEAL
COOKIES (FLOURLESS & GF).

with cinnamon and walnuts

FRESH GINGER POSTPARTUM CAKE

with caramel sauce or whipped cream

SWEET POTATO BROWNIES

gluten free, with walnuts or coconut

ENERGY BALLS

*double chocolate, peanut butter chocolate,
cranberry coconut, or carrot cake*





THE 5 ESSENTIALS OF POSTPARTUM CARE

The health and wellness of a Mother dictates the health and wellness of her family. This impacts the health and wellness of the community, with the ripple effect flowing to the collective.

If a Mother is supported by community, is well nourished with proper nutrient dense food, is cared for and feels safe, is seen in the duality of the beauty and challenges of being a Mother, and supports her body in overall health and wellness during Postpartum (*which is for life, not just the first 40 days*), her family and community will be positively impacted - for generations to come.

This will also energetically support and heal the women in her lineage who didn't receive this care, simply because she is the cycle breaker of this pattern of lack of Postpartum Care for generations.

The village and traditional, physiological care have been removed in our modern way of life, creating separation from one another, all while bypassing the necessary care required for Mothers and thriving life.

Healing this collective imprint of depletion and disconnection begins with supporting Mothers through honoring them in their Postpartum time in 5 essential ways...



REST

Extended rest is required for healing. Pregnancy, birth, breastfeeding and mothering put heavy loads on the Womb, body and mind, delaying healing and increasing the risk of Postpartum mental health challenges.

I support and dedicate time for you to be in bed while I tend to your baby, allowing you space to meditate, nap, have a shower, some touch free time and/or tend to your body with Warmth and Body Care practices.



WARMTH/BODY CARE

Warmth and Body Care are essential for healing the Womb. Postpartum is a time of Yin where you are more susceptible to cold entering the body, especially through the Womb, which delays healing. This is why keeping your feet warm and eating warming foods is so important!

Body Care practices like Castor Oil Packs, Yoni Steams, Herbal Baths, and gentle massage with herbal infusion oils are all warming in nature, supporting healing of the Postpartum Womb and body. Warmth prevents blood stasis, while Body Care facilitates blood and lymph flow.



NOURISHMENT

For 9 months you grew a human in your body through the food you ate and the stores in your body. Your brain shrunk by 5% at the end of pregnancy because your baby syphoned off your brain to develop theirs. Postpartum is a natural time of depletion,

especially while breastfeeding. This is why nourishment with whole, nutrient dense foods is crucial to replenish your body and support the growth of your baby. I come in and cook up a storm so you can be resourced and nourished.



COMMUNITY SUPPORT

Women were never meant to do all of this alone. Our physiological design is rooted in a need for Community Support. None of the above is accessible in it's true healing form without Community Support. I support you and your support people in

bringing the above into your home so you are well nourished, supported and resourced. I also hold space for all the challenges of mothering, birth story telling and a safe space to be seen, held and honored in the sacredness of your journey.



ADDITIONAL POSTPARTUM CARE PACKAGES

The Rest, Warmth & Body Care Package

(4 hours) - \$300 - \$400 sliding scale

The Nourishment Care Package

(8 hours) - \$450 - \$600 sliding scale

The Community Care Package

(4 hours) - \$300 - \$400 sliding scale

PAY IN FULL FOR 3 PACKAGE VISITS
(16 HOURS) - \$1,111

OTHER OPTIONS

6 WEEKLY POSTPARTUM VISITS

IN THE FIRST 40 DAYS - *2 hour visits*

(12 hours) - \$900 - \$1,200 sliding scale

6 WEEKLY POSTPARTUM YOGA CLASSES

FROM 2 WEEKS POSTPARTUM ON -

75 minute X 6 private classes - \$555

LEARN MORE & BOOK A FREE
CLARITY CALL BY GOING TO MY
WEBSITE BELOW!