

POSTPARTUM CARE OFFERINGS

THE FIRST
FORTY DAYS &
BEYOND CARE
PACKAGE

POSTPARTUM
CARE OFFERINGS

WOMB CARE
BLISSFUL

Compassionate, Nurturing Care
for the Womb, Body & Soul

Brittany Zeer
info@blissfulwombcare.com
blissfulwombcare.com
@blissfulwombcare



THE FIRST FORTY DAYS & BEYOND

6 weekly in home visits (3 hours each visit)

The first 6 weeks after birth, the first year, and beyond will to be the wildest ride of your life. Nothing can adequately prepare you for the rapid change your body, mind, and relationships will go through when you bring your newborn home and adjust to motherhood.

Everything will feel tender. Did you know It takes an average of 6 weeks for the dinner plate-sized wound left by your placenta in your Womb to heal up? If you have a cesarean, healing from major abdominal surgery on top of all the other Postpartum changes. requires extra tending to. Rest, adequate nourishment, and extra tending to yourself are hard to do on your own without support from family, friends, or a Postpartum Care Practitioner like me.

You will be sleep deprived, laundry and dishes will pile up, and you'll need to eat in a different way to meet the demands of feeding your baby. Your hormones are rapidly changing, as is your new baby, who you're just getting to know after growing in your body for 9 months.

Having other children, pets, and a partner with limited time off adds to the heavy load of this tender time. Many have done it "on their own" before, but you don't have to.



THIS IS WHAT I'M HERE FOR

Postpartum Care is mother-centered care.

I offer Postpartum Care rooted in the 5 Essentials of Traditional, Physiological Postpartum Care - Rest, Warmth, Body Care, Nourishment, & Community Support

The First Forty Days & Beyond Package incorporates all of that and includes:

(1) 90 minute prenatal/initial home visit

- to meet you, your partner, other children, pets, to familiarize myself with your space, and discuss possible options/expectations for care/support;

(6) Weekly 3 hour home visits that may include:

- Holding space for you to share, process, or be held in the most vulnerable and challenging parts of birth, motherhood, your changing body, and your relationships;
- Nervous system co-regulation for you and Baby;
- Creating a Rest Nest for you and Baby with water, tea, and snacks delivered to your nightstand;
- Use of my infrared heating pad to ease your sore back and regulate your nervous system;
- Body Care practices like guided gentle yoga/stretching, breathwork, meditation, Castor Oil packs, yoni steaming, herbal baths, and more (*all supplies included*);
- Tending to Baby while you rest, shower, do Body Care practices, or accompaniment to appointments;
- Light house cleaning (*eg. support with laundry, dishes, sweeping, tidying*);
- Picking up groceries on my way (*with reimbursement*);
- Meal prep using ingredients you have;
- AND SO MUCH MORE from my deep well of wisdom!



ALSO INCLUDES:

Continuous Virtual Support (text and voice messaging via WhatsApp - please allow for 24 hours to respond)

- Receive emotional support, nervous system regulation practices, resources like practitioners, podcasts, books, and more, nourishment and recipe inspiration, planning for our next visit, and so much more

Weekly Delivery of Tea/Elixir and a Nourishing Snack

- Choose from my Menu options
- Made fresh, using high quality ingredients, superfoods, and herbs to support healing

All supplies for Body Care practices

- Includes use of my infrared heating pad, Castor Oil pack/supplies, herbs for Yoni Steaming, Peri rinses, herbal baths, Womb oil, and more
- Yoga props like blocks, straps, bolsters, and massage balls
- Access to small batches of my Superfood and herbal ingredients

Closing of the Bones Ceremony (for our last visit)

- A physical and energetic closing of the body to signify the transition from Maiden to Mother
- Includes guided meditation to integrate your journey

Investment (*Sliding Scale*) - \$1,300 - \$1,600

Payment plans available (with payment in full required by our last visit)

This offering is available anytime during the first year postpartum.



WHAT MOTHERS ARE SAYING...

“Imagine someone who is there to provide a safe, comforting space for connection and all you’re moving through, who really SEES you and who is there for YOU, who can guide you through those tough first weeks or months of "figuring it out" without judgement or attachments.

Imagine someone who creates and holds the space for you and baby to rest peacefully in bed, with snacks, water, warmth and any needed supplies delivered right to the nightstand.

Imagine your partner feeling supported because he’s not your ONLY supporter, because he is also sleep deprived, stressed, learning how to care for a newborn with you, and getting to know you as a Mom in this new way.

Doesn't that sound like a lovely way to experience postpartum?

I received all of this from Brittany during my immediate Postpartum and throughout the first year. Brittany comes with a backpack of supportive, healing modalities, a passion for nourishment, years of experience teaching yoga, and so much wisdom from her Postpartum trainings. It was the most wonderful experience I ever could have hoped for.

I feel so grateful and privileged to have had that kind of support available to me and my husband. Now, whenever I see a birth announcement I want to shout it from the rooftops to plan this for postpartum.

I can confidently say you won’t EVER regret receiving postpartum care from Brittany.” - *Luan Woods*

REST, WARMTH & BODY CARE OPTIONS

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 tend to your body while I tend to your Baby.

CASTOR OIL PACK



- 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



- 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 OPTIONS

Additional options to choose from...

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 blissful music



WHAT IS THE CLOSING OF THE BONES CEREMONY?

Closing of the Bones is a cross-cultural Postpartum Care tradition using a long shawl or scarf crossed and held tight across the body as a way to physically and energetically close the body after the expansive state of pregnancy and birth.

I learned this practice through my teacher, Rachelle Garcia Seliga of INNATE Traditions, who practiced traditional midwifery in Mexico for years before she created INNATE Postpartum Care. The lineage of this tradition is through her mother-in-law, Clara Alfaro Peña. The Rebozo (Mexican shawl) I use is handmade by Mexican indigenous women. I'm honored to be granted permission to carry this wisdom and sacred practice forward into my community.

The Closing of the Bones ceremony is a safe, sacred container for a Mother to be held, nurtured, and release emotions around her pregnancy, birth and postpartum experience, even 30 years after birth (*the photo above is me doing this practice on my mom*).

It's a physical body care practice to "close" the body, as the hips and pelvis will stay in an open birthing position, creating pelvic instability, for years to come if additional pelvic and abdominal work aren't done postpartum.

If possible, invite your partner or another support person who you trust and feel safe with to join, holding the other end of the Rebozo as a symbol of recognition and acknowledgement of completion of your Rite of Passage from Maiden to Mother.



BOUNDARIES, DISCLAIMERS, & ADDITIONS FOR VIRTUAL SUPPORT

Please allow for a 24 hour window for me to respond.

In order for me (Brittany Zeer) to show up in highest service and support for you, I first need to be resourced and nourished myself. I live in alignment with the energetics of my Cycle, which means I move and respond from a slower pace, with grounding and intention. In connecting with me, my intention is to support you in reclaiming this pace yourself. This is why I ask for patience and up to 24 hours to respond to text messages, voice notes and emails. If you require support sooner than that, please send a text message and I will do my best to get back to you as soon as possible.

Wisdom, knowledge and resources shared are not intended to replace medical advice or overstep other care providers/practitioners you work with or have worked with.

I am not a medical professional and all health concerns, symptoms and changes to lifestyle should be taken to your trusted care provider.

I am not an expert in anything, nor will I ever be.

I will forever be a curious student with the calling to share empowering information and remembrance to women in my community. I won't have all the answers, but I will support and resource you to the best of my ability.

The support I offer is intended to invoke curiosity, remembrance, and reclamation of the innate wisdom you hold within.

When you connect to your Womb, Body, & Soul you remember that YOU are the expert of your body, that you carry innate wisdom within you. It takes time, practice, and radical self responsibility to remember and integrate this.

Additional Support/Add-Ons

You can schedule a 1-on-1 phone call or Zoom call for \$55 - \$111 (sliding scale) per hour. Minimum one week's notice is required so I can align my schedule accordingly.



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(Choose one option for each visit).

TEA / ELIXIR MENU

FRESH GINGER, TURMERIC & LEMON TEA

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

WHOLE SPICE CHAGA CHAI TEA

*black tea with freshly ground warming spices (fennel,
cardamom, cloves, star anise, cinnamon), fresh ginger,
and anti-inflammatory chaga*

RED DATE, GOJI BERRY, & GINGER TEA

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

BLISSFUL POSTPARTUM TEA INFUSION

*hawthorn berry, cardamom, rose, nettle, oatstraw,
passionflower, and ginger*

BLISSFUL CACAO ELIXIR

*cacao paste & butter, lion's mane, reishi, cinnamon,
cardamom, coconut butter, maple syrup*





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SNACK / SWEET MENU

MORNING GLORY MUFFINS

with carrots, apples, pineapple, coconut, and walnuts

FRESH GINGER & MOLASSES POSTPARTUM MUFFINS

made with grass-fed butter and free-range eggs

APPLE CINNAMON OATMEAL MUFFINS

made with walnuts and grass-fed Greek yogurt

SWEET POTATO BROWNIES

gluten free and fudgy, add walnuts or coconut

ENERGY BALLS

made with collagen, peanut butter, raw honey, gluten free oats, and chocolate chips

CHOCOLATE-DIPPED NUT BUTTER STUFFED MEDJOOOL DATES

tastes like a Snickers bar, but way healthier!

