



We are proud to offer an extensive menu of services. Our goal is to provide all the services you need with the continuity of care you deserve. Customize your own service package!

Birth Doula Services: \$1400

- ♥ An in-home interview to make sure we are a good fit for your birth team.
- ♥ A prenatal visit, to review your pregnancy and discuss our plan for your labor.
- ♥ Assistance in creating your Birth Plan.
- ♥ Regular phone/text communication.
- ♥ Hands-on strategy for a more comfortable pregnancy and birth.
- ♥ Aromatherapy and non-pharmacological pain relief measures during labor.
- ♥ In-hospital postpartum support.
- ♥ Breastfeeding support and information.
- ♥ A postpartum visit after hospital release.



TENS Rental - for use in Labor: \$100

- ♥ Includes one-on-one training for your spouse or support person
- ♥ TENS unit will be issued 2 weeks prior to your EDD and retrieved at the birth

Herbal support: \$75

- ♥ Herbal tea blends for pregnancy, labor and postpartum
- ♥ Perineum Blend for use in labor and postpartum healing



Placenta Encapsulation: \$325

- ♥ Traditional Method and/or Raw Method
- ♥ Tinctures, cord keepsake and prints included
- ♥ Pick up and drop off at delivery hospital
- ♥ Organic/Natural ingredients/supplies when possible

Birth Tub Rental: \$380

AQUABORN Birth Pool for laboring at home or in the hospital

- ♥ Height adjustable, to limit backstrain
 - ♥ Thickest padded floor and opaque sides allow for privacy
 - ♥ 6 handles, including 2 inside, for maximum versatility
 - ♥ Large enough to accommodate both partners with room to move
 - ♥ The sturdiest and deepest birth pool on the market
 - ♥ Training and instruction on birth pool safety and maintenance
 - ♥ Includes liner, hoses and pumps for inflating and emptying
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Private Childbirth Series: \$400

- ♥ Making Informed Decisions
- ♥ The Birth Process
- ♥ Comfort Measures and Birth Preferences
- ♥ Following the Birth

A la carte classes available, let us customize it for you!

Lactation Counselor Visit: \$150

- ♥ Emotional and educational support
- ♥ Hands on breastfeeding support
- ♥ One in-home visit in addition to phone support



Postpartum Doula Services \$40/hr

- ♥ Emotional and educational support
- ♥ Meal planning, household management and Q&A
- ♥ 3 hour minimum daytime hours
- ♥ 8 hour min/10 hour max overnight



The Works! Full Service Package: \$2350

- ♥ Birth Doula services
- ♥ Lactation Counselor visit
- ♥ 20 hours Postpartum Doula Services