



POSTPARTUM PACKAGES

In-Home Care Packages

LAKSHMI: HINDU GODDESS OF ABUNDANCE

(1) 2hr Prenatal Home Visit including Ayurvedic Consultation, Postpartum Planning and help building your 'village.'

(6) Postpartum Home Visits 4hr each, include:

- Ayurvedic meal, drink and snack
- Postpartum Abhyanga (Ayurvedic full body massage)
- Personalised postpartum yoga therapy / yoga nidra session

Also included within the six postpartum sessions:

- Breastfeeding support and basic baby care
- Emotional and mental support during recovery from birth
- Ayurvedic Postpartum Self-Abhyanga
- Baby-Abhyanga
- Belly Binding
- Menu Planning and Shopping List
- Resources & Referral Guide (with my fav local postpartum support professionals)
- Available to answer your calls/texts/emails Monday to Friday 9am - 5pm for the first three months postpartum

BONUSES

- **(1) 2h Closing the Bones** (to redeem within 3 months postpartum)
- (1) £20 voucher towards abdominal therapy, Ayurvedic massage, or doula sessions (to redeem within 6 months postpartum)
- *Newborn Mama Handbook*: a guide for postpartum self-abhyanga, baby abhyanga, belly binding, Ayurvedic herbs and nutrition and other tips to support you during your Sacred Window
- (1) belly binding wrap, (1) Ayurvedic roll-on oil, (2) Ayurvedic tea blends
- Option to add other in-person or online sessions with me at special price

£1455

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PARVATI: HINDU GODDESS OF FAMILY & LOVE

(1) 2hr Prenatal Home Visit including Ayurvedic Consultation, Postpartum Planning and help building your 'village.'

(4) Postpartum Home Visits 2.5hr each, includes:

- Ayurvedic drink and snack
- Postpartum Abhyanga (Ayurvedic full body massage)
- Personalised postpartum yoga therapy / yoga nidra session

Also included within the four postpartum sessions:

- Breastfeeding support and basic baby care
- Emotional and mental support during recovery from birth
- Ayurvedic Postpartum Self-Abhyanga
- Belly Binding
- *Resources & Referral Guide* (with my favourite local postpartum support professionals)
- Available to answer your calls/texts/emails Monday to Friday 9am - 5pm for the first three months postpartum



BONUSES

- **(2) 45min zoom/phone calls on the weeks when we don't meet in person**
- **(1) 2h Closing the Bones** (to redeem within 3 months postpartum)
- (1) £20 voucher towards abdominal therapy, Ayurvedic massage, or doula sessions (to redeem within 6 months postpartum)
- *Newborn Mama Handbook*: a guide for postpartum self-abhyanga, baby abhyanga, belly binding, Ayurvedic herbs and nutrition and other tips to support you during your Sacred Window
- (1) belly binding wrap, (1) Ayurvedic roll-on oil, (2) Ayurvedic tea blends
- Option to add other in-person or online sessions with me at special price

£795

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In-Home Care Packages

DURGA: HINDU GODDESS OF PROTECTION

If you just want postpartum massages (and belly binding)



(6) Postpartum Home Visits 2hr each (over 8 weeks) includes:

- Postpartum Abhyanga (Ayurvedic full body massage) and belly binding
- Ayurvedic drink OR snack
- Option to have a personalised postpartum yoga therapy / yoga nidra session in any of our sessions instead of the massage

Also included:

- Emotional and mental support during recovery from birth
- *Resources & Referral Guide* (with my favourite local postpartum support professionals)
- Available to answer your calls/texts/emails Monday to Friday 9am - 5pm during the weeks of our care

BONUSES

- (1) £20 voucher towards Closing the Bones, abdominal therapy, Ayurvedic massage, or doula sessions (to redeem within 6 months postpartum)
- *Newborn Mama Handbook*: a guide for postpartum self-abhyanga, baby abhyanga, belly binding, Ayurvedic herbs and nutrition and other tips to support you during your Sacred Window
- (1) belly binding wrap, (1) Ayurvedic tea blend
- Option to add other in-person or online sessions with me at special price

N.B. you can also buy this package as 3 sessions only (over 6 weeks) for £335 - however the £20 voucher and the belly binding wrap will not be included.

£670

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POSTPARTUM PACKAGES

Virtual Doula Package



ADITI: HINDU GODDESS KNOWN AS THE CELESTIAL MOTHER, PERSONIFICATION OF THE INFINITE

(1) 2hr Prenatal Zoom Session including Ayurvedic Consultation, Postpartum Planning and help building your 'village'

(4) Postpartum Zoom Sessions 90m each, include:

- Personalised postpartum yoga therapy / yoga nidra session
- Emotional and mental support during recovery from birth
- Ayurvedic Nutritional Support

Also included within the four postpartum sessions:

- Breastfeeding support and basic baby care
- Ayurvedic Postpartum Self-Abhyanga
- Baby-Abhyanga
- Belly Binding
- Available to answer your calls/texts/emails Monday to Friday 9am - 5pm for the first three months postpartum

BONUSES

- *Newborn Mama Handbook*: a guide for postpartum self-abhyanga, baby abhyanga, belly binding, Ayurvedic herbs and nutrition and other tips to support you during your Sacred Window
- (1) £20 voucher towards abdominal therapy, Ayurvedic massage, or doula sessions (to redeem within 6 months postpartum)
- Option to add other online sessions with me at special price

£375

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POSTPARTUM PACKAGES

DIY Postpartum Care Package



SARASWATI: HINDU GODDESS OF WISDOM AND CREATIVITY

To do-it-yourself, but with a little guidance

(2) 2hr Prenatal Sessions, IN PERSON or ONLINE

- Session 1: Ayurvedic consultation, Postpartum Planning, and help building your 'village'
- Session 2: using *The Newborn Mama Handbook* we will cover Ayurvedic Postpartum Self-Abhyanga, Baby-Abhyanga, basic Ayurvedic herbs and nutrition and Belly Binding.

(1) 2hr IN PERSON or (1) 1hr ONLINE Postpartum Session, to check your progress and answer any questions you might have.

BONUSES

- *Newborn Mama Handbook*: a guide for postpartum self-abhyanga, baby abhyanga, belly binding, Ayurvedic herbs and nutrition and other tips to support you during your Sacred Window
- *Resources & Referral Guide*, with my favourite local postpartum support professionals (if you live in the Bristol, UK area)
- (1) £20 voucher towards abdominal therapy, Ayurvedic massage, or doula sessions (to redeem within 6 months postpartum)
- Option to add other in-person or online sessions with me at special price

£235 ONLINE

£375 IN PERSON

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POSTPARTUM PACKAGES

Booking Details

MY INTENTION:

I hope you can find what suits you and your family.

Each package has been named after a Hindu goddess, to bless and protect you (and me) along this journey.

BOOKING PROCESS:

- Email me with your preferred package and I will send you a link to pay your non-refundable 10% of the total price.
- The remaining balance can be split to up to three instalments over 8 weeks from our first postpartum session.
- *Need more information?* Great! Go back to my website and book your free discover chat with me and let's meet each other.

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Booking Details Continued

If none of the above packages satisfy/suit you, you can still book me in for the following ad hoc sessions

A LA CARTE PRICING:

Ayurvedic Postpartum Massage

2hr Home Visit with yummy Ayurvedic treat, £125

add a belly binding wrap for £20

OR

90min Home Visit (massage only) £95

Personalised Postpartum Yoga Therapy

90min Home Visit, £95 (includes handout)

cheaper online options available in my 1:1 page on my website

Closing the Bones Ceremony

2.5hr Home Visit, £160

One-off Postpartum Doula Session

3hr In-Person £185

2hr Online £100

****Any extra Doula Session added to your chosen package****

10% off a la carte pricing

PLEASE NOTE:

- Travel costs are included in the price if you live within 10 miles round trip from my home in BS16, Bristol UK - otherwise extra charges will be added to any visits depending on distance and travel time.

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