

Primal Womb Postpartum Care

Healing in-home postpartum care that honors you and your baby during this transformational time.

x 2hr session:

- Two hrs of in-home postpartum care with two experienced birthworkers, Ana & Javiera.
- Full body herbal oil massage with special emphasis on the womb and craniosacral fascial therapy as well as belly binding.
 - Two handmade nutrient dense meals.
 - Handmade herbal oil is yours to keep.
- Pelvic steaming or sitz bath can be included if desired.

Investment: \$500

x Closing of the Bones Ceremony

An opportunity to integrate your birth experience. Energetically, we are closing the birth portal and stepping into the new chapter of motherhood. Physically, we realign the muscles and bones after the expansive experience of pregnancy. The ceremony provides a safe container to process your birth in community. A grounded meditation with an herbal tea opens the ceremony, followed by light massage, closing the bones with rebozos & song, and a handmade herbal oil is yours to keep.

Investment: \$300

x Four week package:

Nurture yourself the first month of postpartum. Includes all of the services mentioned above **plus** a Closing of the Bones Ceremony.

Investment: \$1,900