



Postpartum Only Services

Postpartum Outline

- Initial Consult @38wks
- Sign Intake/Deposit within a week of consult
- 8 Follow-up visits up to 6wks postpartum, 1 or 2 visits weekly(up to 30hrs)
- Nutrition counseling, herbal supplements may be provided
- Breastfeeding support
- Newborn check-ups
- Motherhood Mentoring
- Household Chores: dishes, laundry, nap & shower relief, light cooking, errands, sibling care
- Postpartum Womb Wellness Services: Herbal Vaginal Steam, Belly binding, Womb Wrap & Stimulation, Herbal massage oils, salves, tinctures, teas

We will meet with you preferably prior to birth (@38weeks) to assess your needs for after you give birth. The first meeting does not obligate you to our services. If you do select us, then we will want to get started on our journey together as soon as possible within a week before you birth. We can then sign Intake Forms, submit deposit to get paperwork done. The first visit can be within 72hrs of your birth.

We offer a minimum of 8 postpartum visits to assist in your postpartum healing. The visits are usually once a week but can do 2 depending on needs and last about 1-3hrs. We will discuss your birth outcome, postpartum healing, and motherhood mentoring to get you off to a great start.

A security deposit is due once the Intake Forms are signed. The balance can be paid weekly or due by last scheduled visit.

Note additional fees for travel expenses may apply

If you have any questions or concerns, please do not hesitate to email or call.

Self-pay only. Insurance not accepted. Payment plans offered.

Accept Cash, Money orders, CashApp (\$POTW9), Zelle 4708716879