



MEMBER DIRECTORY

Find the support that feels right for your journey.

Welcome

Finding the right support for your journey



Choosing who will stand beside you through pregnancy, birth and the early postpartum period is deeply personal. This directory brings together Doulas of Dubai members so families can learn about each doula's background, philosophy, areas of expertise, services and ways to connect.

Across these pages you will find a wide range of support, including birth and postpartum doula care, antenatal education, breastfeeding support, waterbirth and VBAC support, hypnobirthing, newborn care, bereavement support and other specialties.

WHAT A DOULA OFFERS

A doula provides non-clinical emotional, physical and informational support before, during and/or after birth. She complements your medical team rather than replacing your doctor, midwife or other licensed clinical professional.

FINDING YOUR FIT

There is no single 'best' doula. Read the profiles, notice whose approach resonates, and speak with more than one person if you can. The right fit is someone with whom you feel comfortable asking questions, changing your mind, being vulnerable and being yourself.

HOW TO USE THIS DIRECTORY

- 1 Read each profile**
Compare philosophy, expertise and services.
- 2 Consider your priorities**
Think about your birth plans, postpartum needs, language and availability.
- 3 Connect directly**
Ask about due-date availability, package inclusions, fees, backup support and on-call
- 4 Notice how you feel**
Choose the doula with whom you and your partner feel safe, heard and at ease.

A directory, not a ranking.

Every family is different, and every doula brings a different combination of experience, personality and care. Use these pages as a starting point for a conversation - and trust the fit that feels right for you.

Directory note: Each listed doula is an independent practitioner. Availability, services and rates are provided by the individual doula and may change. This directory is for informational purposes and does not constitute medical advice.



Alice Gray

Doula



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AREAS OF EXPERTISE

- Birth doula
- Birth advocacy
- Postpartum and breastfeeding support
- Pre and postnatal movement specialist
- Pregnancy yoga teacher and trainer
- Anatomy and physiology educator

RATES/SERVICES

My full birth package consists of:

- 1 x free discovery call to get to know each other
- 2 x inperson prenatal sessions
- Unlimited access to my online prenatal yoga platform
- Phone and WhatsApp support during pregnancy
- Continuous labour & birth support
- Phone birth photography
- 1 x postnatal home-visit

[Get in touch with questions and for rates.](#)

BIO

My name is Alice, I am a mother of two, a birth doula, a yoga teacher, a pre and postnatal exercise specialist, and educator. I believe in a world of advocacy and education for modern progressive mothers just like you. I started doula support in 2025, having worked already with women through movement, yoga, and embodiment work for over a decade. I believe birth in all its forms is a beautiful, physiological process and one that is sacred.

Pregnant, birthing, and mothering bodies are not fragile or injured, they are bold and powerful. I want you to feel educated and empowered so that you can feel confident, intuitive, and aligned in your decision making for one of the biggest moments in your life. After all, birth is not just about having a baby, it is about stepping into your power.

Aliia Altynbaeva

Doula, psychologist, lactation counsellor



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altynbaeva.alia@gmail.com



<https://tobewithmom.com>

BIO

My name is Aliia, I'm a doula, lactation consultant, psychologist, and master of Closing the bones Ceremonies. I've been practicing as a doula for seven years and have supported hundreds mothers through childbirth. I'm a founder of large Russian speaking community of moms and moms-to-be, organize antenatal classes, and prepare birth partners for childbirth.

As a mother of two, I understand that childbirth is a powerful transformation for women. I believe this experience can be positive with strong emotional and physical support and education.

As a doula and psychologist I use my experience and knowledge to help women feel safe, confident, and connected to their bodies during this period.

RATES/SERVICES

- Birth support (VB, CS, VBAC, Waterbirth)
- Postpartum support
- Antenatal classes
- Lactation consultation
- "Closing the bones" ceremony
- Bereavement support/pregnancy loss



To be with mom before, after and during pregnancy and childbirth

ASHWAG BABIKER

Doula

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Babiker.ashwag@gmail.com

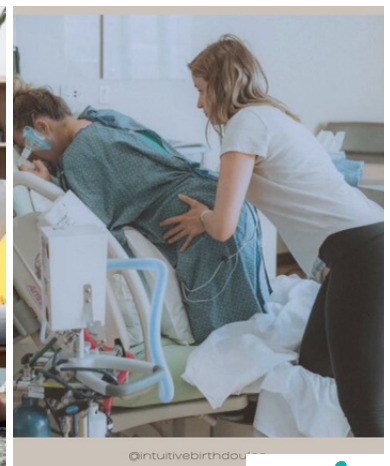
BIO

Trained Doula dedicated to providing continuous support to women during pregnancy, childbirth, and the postpartum period. Skilled in offering emotional reassurance, physical comfort techniques, and evidence-based information to enhance maternal wellbeing and promote a positive birth experience.

RATES/SERVICES

- Basic Birth Support (Labour only) – 2,000 AED
- Standard Birth Package – 4,000 AED
- Add-On Services (Optional)
- ~Extra prenatal session – 400 AED
- ~Extra postpartum visit – 500 AED

GET IN TOUCH FOR DETAILS



Compassionate care throughout the birth journey.

Caridad Saenz

Advanced Birth Doula.. VBAC. Postpartum Rituals. Baby Massage. WaterBirth Educator. Bereavement. Author and Speaker.



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carrylove@caridadsaenz.com



caridadsaenz.com

BIO

Caridad Saenz is a Birth Guardian, doula, educator, author, and speaker based in Dubai, supporting women and families through pregnancy, birth, postpartum, and the transition into parenthood.

With more than 16 years of experience in birth work, Caridad's approach brings together evidence-informed education, emotional support, practical birth preparation, and a deep respect for the physiology and transformative nature of birth. Her work includes gentle birth, waterbirth, VBAC, partner preparation, hospital birth support, postpartum integration, and meaningful rituals that honor the transition into motherhood.

At the heart of her work is a simple belief: birth is not a performance, and there is no hierarchy in how a woman gives birth. Every family deserves to feel informed, respected, supported, and truly met throughout the journey.

Caridad Saenz | Birth Guardian
Guiding Families Through the Labyrinth of Birth and Becoming

caridadsaenz.com for a list of services



Guiding Families Through the Labyrinth of Birth and Becoming

CARING SILVY

Midwife, Doula



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www.caringsilvy.com

BIO

I'm an Italian Midwife, now working as full spectrum doula. I love to accompany women through the beauty and the challenges of motherhood, helping them trust their bodies, their strength and their ability to give birth. I offer comprehensive continuous care tailored to each woman's need.

I'm also a mother of 5 beautiful girls. One of my specialties is combining evidence with everyday practice.

SERVICES

- PRENATAL CLASS
- HYPNOBIRTHING CLASS MONGAN METHOD
- PRENATAL YOGA
- BIRTH ASSISTANCE
- POSTPARTUM CARE
- LACTATION CONSULTATION
- BABY LOSS SUPPORT



**MIDWIFE WISDOM, DOULA PRESENCE:
WALKING WITH YOU THROUGH EVERY SEASON OF MOTHERHOOD**

Diba Schouten

Doula, Hypnobirthing



+971 506055432



info@dibamamabirth.com



www.dibamamabirth.com

BIO

My name is Diba, a Doula, HypnoBirthing educator and nurse. Supporting women and their partners through pregnancy, birth, and postpartum with a calm, holistic, and nurturing approach.

As a mother of two, I understand how deeply transformative this journey can be. I believe birth is not only a medical event, but a powerful life experience. Through HypnoBirthing techniques, education, and continuous emotional support, I help women feel informed, confident, and connected to their bodies.

Whether you're planning a natural birth or navigating unexpected turns, my role is to help you feel safe, heard, and empowered to make the choices that feel right for you and your baby.

RATES/SERVICES

- Birth support
- postpartum support
- Hypnobirthing
- Postpartum Massage



When a woman feels safe, heard, and supported, birth unfolds with confidence.

Dani Mottram

Doula, Pediatric Nurse



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AREAS OF EXPERTISE

- Birth Doula & Continuous Labor Support
- Evidence-Informed Birth Preparation
- Breastfeeding Preparation (Thompson Method)
- Postpartum Transition Support
- Parent Education & Empowerment
- Experience with Premature & Medically Complex Infants
- German & English Support

RATES/SERVICES

- Comprehensive Birth Doula Package (Two Prenatal Sessions, Continuous Labor Support, Postpartum Visit)
- Breastfeeding Prep-Sessions (Thompson Method)
- Individualized Prenatal Education Sessions
- Postpartum & Newborn Support Visits

BIO

My name is Dani. I'm a birth doula, pediatric nurse, and educator with a Master of Education, and I love supporting families through pregnancy, birth, and the first weeks with a new baby. My experience caring for premature babies and infants with complex health needs has shown me how unique every family's journey is and how much support can make a difference.

I'm passionate about education, because understanding reduces fear and helps you feel confident in your choices. I'm here to help you navigate this time with calm, clarity, and reassurance — so you can feel empowered and ready to embrace each moment with your baby.

As a mother of two, I know how transformative these first weeks can be. I support parents in German and English.



Informed birth creates empowered women.

Desi Berg

Ayurvedic Postpartum Doula



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www.sattva-mama.com

BIO

My name is Desi. I'm a mother of two, Ayurvedic postpartum doula & yoga teacher supporting women through pregnancy and the sacred postpartum window with nurturing care rooted in Ayurveda, ritual and the wise-woman tradition. My work includes in-home postpartum support, warm Ayurvedic meal preparation, herbal oil massage, belly binding, Closing of the Bones ceremonies, gentle postpartum yoga, and postpartum preparation workshops to help families feel truly held after birth. This care is for mothers who wish to experience the deepest level of Ayurvedic care and nourishment. Because when the mother is nourished, the whole family thrives.

RATES/SERVICES

- Holistic Traditional Postpartum Care Packages (2, 4 or 6 weeks)
 - Pregnancy preparation session to set-up your postpartum plan and gain a deep understanding of the postpartum physiology
 - In-home visits that include: Abhyanga (traditional whole-body warm oil application), herbal body bath, sitz bath or womb steam, bengkung belly binding, healing Ayurvedic postpartum meals, herbal support & preparation, birth integration, emotional & energetic holding



The first 42 days after birth set the stage for her next 42 years.

Fatima Al Saati

Doula, Family Counselor



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AREAS OF EXPERTISE

- Birth Doula Support
- Prenatal & Postpartum Care
- Emotional Intelligence Wellness Expert
- Mindfulness Practices
- Holistic Wellness Guidance
- Pregnancy & Birth Preparation
- Compassionate Client Care

RATES/SERVICES

- The Basics - First Pregnancy & Birth
- Bump To Birth - Pregnancy To Birth
- Bump To Birth & Beyond - Pregnancy To Birth

Investment options are thoughtfully tailored to each client's unique journey, needs, and level of support.

BIO

Supporting women and families through pregnancy, birth, postpartum, and emotional wellness journeys with compassion, care, and understanding. My approach is centered around creating a calm and supportive space where every female feels empowered, heard, and emotionally supported throughout each stage of their journey. Combining holistic care, mindfulness practices, and emotional wellness support, I aim to nurture confidence, balance, and connection during life's most meaningful transitions. I believe every birth and healing journey deserves gentle guidance, trust, and personalized support.

"Walking beside you through birth, healing, and beyond."

Gufran Elsafi

Doula



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AREAS OF EXPERTISE

- Perinatal Advocacy
- Informational and Emotional support during pregnancy, labour, and post partum
- Labour support
- Support in high-risk pregnancies and complex births
- Emotional Regulation Coaching During Labour

RATES/SERVICES

- Standard Birth Package – 4,000 AED
- Basic Birth Support (Labour only) – 2,500 AED
- Add-On Services (Optional)
 - ~Extra prenatal session – 400 AED
 - ~Extra postpartum visit – 500 AED

BIO

Birth Support Specialist

Supporting mothers through pregnancy, labour & postpartum with compassionate, evidence-based care.

Arabic & English support | Inductions | Epidurals | High-risk pregnancies

Dedicated to creating a calm, safe, and empowering experience for mothers during pregnancy and childbirth. Providing continuous emotional and physical support, helping women feel confident, heard, and deeply cared for throughout labour and the early postpartum period.

Makenzie Kheriwala

Doula



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AREAS OF EXPERTISE

- Postpartum care
- Hypnobirthing
- Waterbirth
- birthdoula
- Something else
- Newborn care.

RATES/SERVICES

- Everything But the Birth -AED 2,500
 - Birth education services without attending birth
- All In Baby -AED 4,000
 - Birth education services with continuous in-hospital labor support
- Post Partum Care -AED 4,500
 - 1 month of part time postpartum care and support

BIO

My name is Makenzie, and I'm a Dubai-based doula originally from Texas. I've lived in Dubai for 14 years. My mission is to educate and empower you throughout pregnancy, birth, and postpartum, helping you feel confident in yourself and your birthing experience—so you can have the best possible birth!

My name is Makenzie, and I'm a Dubai-based doula originally from Texas. I've lived in Dubai for 14 years. My mission is to educate and empower you throughout pregnancy, birth, and postpartum, h My name is Makenzie, and I'm a Dubai-based doula originally from Texas.

Lala Langtry White

Doula



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AREAS OF EXPERTISE

- Prenatal Education
- Birth Support | Waterbirth Certified
- Postpartum support
- Breastfeeding & Pumping Support
- Twins & Multiples Specialist
- NICU Support & Bereavement Care & Support
- Doula Mentoring

SERVICES

- Breathe Birth Baby - Hypnobirthing, Prenatal & Postpartum Preparation Course
- Mighty Multiples - Twins & Multiples Classes
- Birth & Postpartum Doula Support
- Certified Lactation Counsellor
- Parent Support Community Co-Founder - Love Through Loss, Small and Mighty Babies, TwinsPlus Arabia, Rainbow Pregnancy & Parenthood
- Weekly Support & Community Morning Host
- Toddler Tunes - Music, Movement & Sensory Play

BIO

I'm a mum of 4 including a set of identical twins, a doula & antenatal educator supporting families in Dubai through pregnancy, birth & the early postnatal period for over 10 years. I run Breathe Birth Baby classes, where I support parents to feel calm, confident & informed as they prepare for birth, with a strong focus on physiology, emotional safety, partner support & practical tools for labour & postpartum. As a doula, I offer continuous, compassionate physical and emotional support, holding space, advocating gently & helping families feel truly supported throughout their journey.

Alongside my doula & education work, I offer mentorship to new doulas & am deeply committed to building supportive communities for families whose journeys are more complex. I have cofounded peer support initiatives across the UAE including for twins & multiples, for families affected by premature birth, pregnancy or infant loss & rainbow pregnancy & parenthood. This work is rooted in compassion, evidence-based care & a belief that no family should feel alone, whatever their path into parenthood.



supporting families from pregnancy to parenthood through every unique journey

Myriam Sedki

Doula



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AREAS OF EXPERTISE

- Prenatal Education
- Birth Support
- Postpartum support
- Breastfeeding Education & Support

RATES/SERVICES

Complete Birth Support Package:

- 1 x free discovery call to get to know each other
- Birth Education Support (2x prenatal sessions)
- Phone and WhatsApp support during pregnancy
- Continuous labor & birth support
- Phone birth photography
- 1x postpartum home-visit

[Get in touch with questions and for rates.](#)

BIO

Hello! I'm Myriam, or Mimi, and I'm delighted you're exploring how I can support you on your unique journey into parenthood. As an expat mother myself, I intimately understand the desire for holistic, empathetic, and evidence-based support in Dubai – a gap I'm passionate about filling.

My mission as Mimi Doula is to provide you with unwavering emotional, physical, and informational guidance, empowering you to navigate pregnancy, birth, and early postpartum with confidence and peace of mind. I believe every birthing person deserves to feel seen, heard, and deeply supported.



Empowering you through personalized support, education and care on your journey into motherhood.

PB Halima Banu

Doula, Birth Educator



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Instagram:
empoweringbirth_matters



AREAS OF EXPERTISE

- Certified birth doula
- Water birth qualified (Barbara Harper)
- Breastfeeding support and baby care
- VBAC Support Specialist

RATES/SERVICES

- Continuous Labor & Birth support
- Child birth education
- Phone and whatsapp support during pregnancy

Packages are customizable, contact me for the rates!

BIO

I'm PB Halima Banu

Certified Birth Doula & VBAC Support Specialist

Offering personalised emotional and physical support for confident, respectful births



- A nurturing doula space offering calm presence, emotional safety, and compassionate listening as life is welcomed into the world.

Ritika Rajan



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Instagram: @the.innatal.way

Doula & Birth Transformation Coach



AREAS OF EXPERTISE

- Prenatal and Postnatal Birth Education Support
- Doula Mentor
- Hypnobirthing Coach
- Montessori style Parenting specialist/Baby Led Weaning Guide
- Lactation Specialist
- New born care guide
- Maternal & child nutrition specialist

RATES/SERVICES

My complete birth package includes:

- Free Initial consultation
- 10 birth prep sessions (including mind, body, nutrition prep & postpartum care for baby and mom)
- 24x7 doula presence - available via whatsapp and phone from 37 weeks
- Continuous labor and birth support, initial postpartum support
- 1 Postpartum visit

BIO

Hi, I'm Ritika - mum, doula, and birth coach.

I'm passionate about busting pregnancy myths and helping women step into birth feeling informed, confident, and truly empowered.

Innatal was born from a simple belief: when a woman understands her body, she learns to trust it and that trust changes everything. Through Innatal, I work with mothers, partners, and couples to demystify the anatomy, medical realities, and mental preparation that birth demands. Because birth is a physiological process and when it's allowed to unfold naturally, it becomes something powerful, instinctual, and deeply transformative.

Motherhood is one of the greatest forces a woman can carry. My goal is to make sure every parent walks into that birthing room with the knowledge and confidence to ask questions, voice their choices, and own their experience without fear or hesitation.

Innatal is my way of walking alongside families through one of life's most profound transitions with trust, clarity, and intention.



Birth is a physiological, instinctive process when trusted and supported, it becomes transformative.

Packages are customized to your needs. Please do get in touch for rates/any clarifications you may seek

Sara Helzer



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<https://babycoachuae.com/>

Doula Lactation Consultant R/n

BIO

My name is Sara. I'm a doula, IBCLC lactation consultant, RN since 2005 as well as a mom of 3 boys. I am originally from Canada and have lived in the UAE for 10 years. I've been supporting families since 2005, with a career rooted in labour, birth, and the early postpartum period. The Middle East can feel transient, and many new mothers are far from their support systems. My goal is to offer the steady presence of a doula, someone who listens, reassures, guides, and walks beside you and your partner as you navigate entering parenthood.

RATES/SERVICES

- Birth support (VB, CS, VBAC, Waterbirth)
- Postpartum support
- Birth Education (3 sessions, either in person or online)
- Lactation consultation pre and post
- Bereavement support/pregnancy loss
- On call period from 37 weeks
- What's app and phone support
- Public Speaking



Held, informed, confident — with experienced support

Szilvia Kelemen

Doula



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BIO

My name is Szilvia, I am a birth doula in Dubai (speak English, Hungarian, Greek). I have been fascinated by pregnancy and birth since my teens, and after having two children in Dubai, I found my calling in helping mothers to achieve their best possible birth, by teaching what to expect and what your options are, and by providing a safe and nurturing birth environment where you feel seen and heard.

RATES/SERVICES

- Free meet and greet (online or in person)
- 2 prenatal sessions
- On call period and continuous hospital labor support
- 1/2 postnatal visits

Please reach out for rates



"When you change the way you view birth, the way you birth will change"

Tania Favarel

Doula, Pediatric Nurse



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Instagram: yournurturingcocoon



AREAS OF EXPERTISE

- Holistic & Birth doula
- Prenatal education & ART support
- Birth support VB/VBAC/CS/Waterbirth certified
- Postpartum mother & baby care
- Rebozo Ritual / Rebozo postpartum care
- Therapeutic baby bath certified by Sonia Krief
- Communication with baby in-utero & new born (telepathy method certified)

SERVICES

- 2 or more prenatal sessions & communication with your baby
- Continuous Labor & Birth support (using rebozo)
- Postnatal home visit / breastfeeding support
- 1 Therapeutic baby bath

Packages are customizable, contact me for the rates !

BIO

I'm Tania, French Doula and pediatric Nurse. I worked in Neonatal Intensive Care unit and Maternity unit during 15 years in France. I'm the mother of 1 boy and 1 girl.

My holistic approach honors each woman's unique experience, providing :

Emotional, physical & informational support before, during and after the pregnancy. Nurturing guidance through labor and birth. Lactation & postpartum support, including the first therapeutic bath for newborn according to the method of "le bain de Sonia". You will also be able to enjoy the benefits of communicating with your baby by the telepathy method. I respond to the universal needs of women and expectant parents; to be heard, supported and respected in their choices, with kindness.



" Your Nurturing Cocoon is a cocoon of tenderness and trust to accompany and welcome life, nurture bonds, and where listening becomes care "

Vanita Rao

Birth Doula, Lactation Peer Counsellor



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@positivebirthh



AREAS OF EXPERTISE

- Prenatal Child Birth Education
- VBAC Support
- Continuous Birth Support
- Water Birth qualified (Barbara Harper)
- Lactation Support

RATES/SERVICES

- 1 x Free discovery call (Preferably In person)
- 2 - Prenatal sessions (In person)
- Continuous phone and message support during pregnancy
- Continuous labour & birth support
- Upto 1 hr post birth (lactation support - If needed)
- Phone birth photography (If required)
- 1 x postnatal home-visit

Packages are customizable, contact me for the rates!

BIO

I am a trained Birth doula and a mother of 3 kids. My birth journeys (1 Emergency C-Sec, 1 planned C-sec and VBA2C) helped me understand the need for this support in our birthing journeys. Additionally trained to support as a guide to Child Birth, VBAC, Water Birth and Lactation support.

It's vital for parents to feel empowered, respected, and in control of their journey. Let's strive to ensure that every family has the best possible care available to them, so they can be the superheroes of their own story.



Calm minds. Confident births.

Zubeida Daniels



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Birth Doula & Malay-Javanese Postpartum Wellness Specialist

BIO

Salam & Hello!

I am Zubeida Daniels, often known as 'Just Zubeida'.

A South African-born Cape-Malay, mother of two, Doula, childbirth educator, and founder of Sacred Seasons Village, my journey in birth work is deeply rooted in the belief that every family deserves informed, intentional, and compassionate birth support during one of life's most sacred experiences.

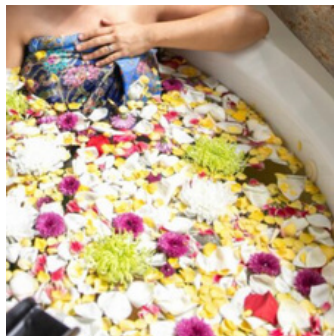
As a trained and certified Doula, I specialize in Childbirth Education and Support as well as Traditional Malay Postpartum Wellness & Massage Therapy, focusing on holistic support for mothers and families. My Doula services are dedicated to helping families navigate pregnancy, birth, and postpartum with confidence, calm, and clarity.



SERVICES

- Childbirth Preparation and Support
- Pantang: Malay Postpartum wellness rituals eg. Bengkung belly binding, Mandi bunga etc.
- Closing The Bones Ceremony
- Public Speaking

visit www.justzubeida.com for info 🍷



Rooted in tradition, guided by intuition...supporting women through birth and beyond with calm, care, and sacred presence.