



# Holistic Fertility Offerings

## Lotus Wellness Center

Shelli Villagomez

*Holistic Reproductive Practitioner, Doula, Reflexologist, Reiki Healer*

### HOLISTIC FERTILITY CONSULTS

IVF, IUI, EGG FREEZING, TRANSFERS, & NATURAL FERTILITY

You deserve to be compassionately cared for during this important time. Our goal is to create a safe, healing, and nourishing environment to discuss holistic and integrated ways to support your specific fertility needs and goals. You will receive recommendations, resources, educational information, and ways that we can care for your whole self; mind, body, and spirit. We will work together so that you feel empowered and are an active participant in your fertility journey.

60-90 minutes; \$100-\$150

### REFLEXOLOGY

A grounding & relaxing ancient practice that involves applied pressure to specific points on the feet or hands to stimulate a healing response throughout the body. This can help with stress relief, physical pains and symptoms, and improving restful sleep. Regular reflexology sessions can help put the body in a relaxed state that's ideal for conception. Regular sessions can also aid in balancing hormones and the endocrine system to optimize your fertility and outcomes.

50 min; \$120

### OTHER OFFERINGS AT LOTUS WELLNESS CENTER FOR FERTILITY CLIENTS

We have many ways to support you including; birth trauma healing ceremonies, chiropractic care, hypnotherapy, holistic talk therapies, monthly women's groups (not fertility specific) to build community, birth preparation sessions, and much more!

### REIKI

Reiki is a Japanese relaxation technique that encourages emotional, mental, spiritual, and physical healing by balancing chakras and energy flow. Reiki uses guided meditation and safe, non-judgemental space to nourish and support the well-being of the mind/body connection. Through reiki, it is possible to release energy that no longer serves you and make room for new beginnings.

50 min; \$100

### WORKING WITH SHELLI

Fertility and reproductive health are Shelli's passions. She worked for many years in IVF clinics, has a bachelor's degree in biology, and also had her own fertility journey.

Through this background and her extensive studies in holistic reproductive health/fertility, Shelli brings a well rounded approach to your specific fertility path. She considers it a great honor to walk alongside you on your journey and she strives to create an individualized, comfortable, and safe space to care for all of you; mind, body, and spirit.

