



PREGNANCY BIRTH DOULA CARE

Retainer fee : \$500.00

Serving PLYMOUTH / CANTON / LIVONIA / NORTHVILLE /
FARMINGTON HILLS / NOVI

HOME BIRTH: VARIES

BIRTH DOULA SERVICES

- *In home consultations and birth planning
- *Comfort measures, coping techniques, & natural options for pain management
- *Birth Plan consistent with “made for this birth” APP
- *On-Call 1 week before due date through delivery
- *1 postpartum visit
- *24/7 consultation up to 2 weeks
- *Support throughout labor including; B.R.A.I.N & evidence based information
- *Breastfeeding support

{Allowing birth to Simply Bee.}

POSTPARTUM DOULA: ADDITIONAL CARE

Offering daytime postpartum doula care, often referred to as newborn care specialists. Services to make your days smoother, your load lighter, and your confidence stronger.

BASE PRICE : \$350

Hands on guidance including; breast feeding support, homemade broth, introduction to facial cupping a listening ear to share concerns & gather educational information, a chance to rest.

HOUSEHOLD MANAGEMENT

Assistance with breast milk storage, meal prep, grocery shopping, basic household cleaning.

FTINESS COLLECTIVE (3 DAYS A WEEK)

Curated mama wellness plans to help ease into fitness goals through restorative movement, emotional well-being & integrated facial cupping care. 1 hour sessions 3x a week may embrace; gentle stretching & body awareness, positive postpartum visualization practice and offer progressive core strength training. This service provides a hands on personal experience to help all moms grow through their season of motherhood, finding re-birth in mind, body & balance.

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