

## SERVICES

Each service is given with intentions of love and purpose. A complete Secoya Soul Birth Package is comprised of the following:

- 6+ Prenatal Visits-90 min
- 3 Postpartum Visits-90 min
- 3 Postpartum Video Chats-30 min
- Personalized Essential Oil Blends
- Wellness Education
- Acupressure
- Massage
- Breathing Techniques
- Active Listening
- Childbirth Education
- Labor Pain Management
- Herbal Remedies
- Restorative Nutrition Information
- 2 Homemade PP Meals
- 6 Mama Tong PostPartum Soups (local clients only)
- Childcare Education
- Breastfeeding Education
- Breastfeeding Support
- 24/7 Support and Advocacy
- Always open to more ideas that fulfill your experience

## PRICING

Hiring a doula is an investment worth making. However, I understand that everyone is in a different financial situation.

In an effort to make these services more accessible and affordable, I work on a sliding price scale.

You can customize your experience with what fits your budget. There is never any judgement or difference in the care provided.

Secoya Soul Birth  
\$1400

Prenatal and Birth Only  
\$900

PostPartum Only  
\$600+

Wellness Package (includes 3 in person, 2 virtual Prenatal visits, Birth and 2 PostPartum visits)  
\$700

If you feel that you are not able to afford these services, you may qualify for FREE doula care. Please contact me for further information.