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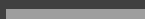
NATALIE NESTLER, DT

BIRTH AND POSTPARTUM DOULA

SERVING SANTA CRUZ COUNTY

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FELTON, CA 95018
IG @SECOYASOULDOULA

CONTACT TO SCHEDULE A
CONSULTATION



SECOYASOULDOULA.ORG



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SECOYA SOUL BIRTH
Doula Services

SERVICES

Each service is given with intentions of love and purpose. A complete 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
- 6 Mama Tong Postpartum Soups (local clients only)
- Childcare Education
- Breastfeeding Education
- Breastfeeding Support
- 24/7 Support and Advocacy

Some services have been modified due to COVID-19



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.

- Complete Package \$1400
- Home Visits \$100 each
- Birth Attendance \$400
- Aromatherapy \$15/blend
- Acupressure \$25/session
- Massage \$25/session
- Mama Tong Soups \$10 each (local clients only)

Education, Support, Breathing and Nutrition are all natural wisdoms. In my mission to achieve birth equity and wellness for all, these services do not have a price.

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