

## HypnoBirthing & Doula Packages

HypnoDoula Package                      \$900

&trade; Series of 4 HypnoBirthing® childbirth education classes

&trade; HypnoBirthing® - The Mongan Method book, 2 practice CDs & additional course materials

&trade; One prenatal home visit to finalize your birth preferences and practice the relaxation techniques learned in class

&trade; Certified HypnoBirthing® Practitioner will attend your birth

&trade; Continuous labor support in your home, hospital or birth center

&trade; Use of a Babycare Elle TENS machine during labor

&trade; One postpartum home visit to process the birth, assist with breastfeeding, baby care, etc.

&trade; Infant massage & babywearing demonstrations

&trade; Custom handmade baby sling by BlueBerriest

&trade; Unlimited phone/email support

Birth Doula Package                      \$700

&trade; Two prenatal home visits

&trade; DONA certified birth doula

&trade; Continuous labor support in your home, hospital or birth center

&trade; Use of a Babycare Elle TENS machine during labor

&trade; Two postpartum home visits

&trade; Infant massage & babywearing demonstrations

&trade; Custom handmade baby sling by BlueBerriest

&trade; Unlimited phone/email support

#### Ala Carte Options

HypnoBirthing® classes	\$350
Birthing day labor support	\$400
Pre/postpartum home visit	\$75
Handmade baby sling	\$25
Placenta Encapsulation	\$125
Postpartum doula 8 hrs - DAY	\$200
Postpartum doula 8 hrs - NIGHT	\$250

I am committed to providing Childbirth Education and Doula services to all women who want them. Please contact me to discuss and option that fits your budget.

Childbirth Education and Doula fees may be eligible for reimbursement through your Medical Insurance Provider and/or Flexible Spending Account (FSA) or Health Savings Account (HSA). Please check with your plan administrator or contact me for more information.

Visa, Mastercard, American Express & PayPal now accepted!