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# Doula support

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## Doula package 1: € 1.995,-

- A complimentary chemistry videocall to see if we're the right match to work together.
- Three prenatal sessions of 2.5 hours, during which we shape your birth and postpartum plan together (in person or online).
- Support with writing your birth plan.
- App group with weekly check-ins.
- From week 38, I am on call for you 24/7.
- Continuous support during your birth, from the first signs of labor until a few hours after birth.
- Use of the Elle TENS unit (including electrodes), peanut ball, and birth ball.
- 10% discount on the rental of a Birthpool in a Box birthing pool.
- One postpartum visit (a few days after the birth).
- A nourishing postpartum meal for two.
- 10% discount on postpartum treatments.

## Doula package 2: € 2.550

- A complimentary chemistry videocall to see if we're the right match to work together.
- Three prenatal sessions of 2.5 hours, during which we shape your birth and postpartum plan (in person or online).
- Support with writing your birth plan.
- App group with weekly check-ins.
- From week 38, I am on call for you 24/7.
- Continuous support during your birth, from the first signs of labor until a few hours after birth.
- Use of the Elle TENS unit (including electrodes), peanut ball, and birth ball.
- 10% discount on the rental of a Birthpool in a Box birthing pool.
- A nourishing postpartum meal for two.
- 10% discount on postpartum treatments.
- Two postpartum visits (one a few days after birth, one at 42 days postpartum).
- **A 2-hour prenatal massage.**
- **A 2-hour breath and voice session (from week 16 of pregnancy).**
- **A total Herbal package (oils and teas).**



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# Doula support

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## **Doula package 3, incl. postpartum treatments: € 3.200**

Everything included in Doula Package 2, plus the Nourishing New Mama Plan, consisting of 3 sessions (10 hours total) with a 10% discount.

### **First session, at home**

- Restorative moxa treatment
- Healing abdominal massage
- Castor oil abdominal pack
- Foot massage
- Bengkung belly binding

### **Second session, at home**

- Vaginal steam bath
- Restorative moxa treatment
- Healing abdominal massage
- Castor oil abdominal pack
- Warming back and neck massage
- Bengkung belly binding

### **Third session, at home**

- Healing full-body massage
- Nurturing wrapping ritual
- An intention and blessing for your motherhood

## **Last-minute support**

Would you like a doula by your side at the last minute for your birth? That is certainly possible. As a full-time doula, I am flexible and can often make space for you on short notice. The content of the support remains the same, though it may be offered in a slightly adapted format through one or two longer sessions.

Please note that availability cannot be guaranteed at short notice, as I may already be fully booked. From 34 weeks of pregnancy onward, a last-minute fee of €195 may apply to cover rescheduling my calendar and arranging on-call and back-up support.



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# Doula support

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## Personalized support

Every woman is different, every pregnancy is unique, and no birth is ever the same. You carry your own story, wishes, and needs. That's why I offer both thoughtfully designed packages and personalized support. Feel free to meet me and explore the possibilities together.

## How else can I support you?

Private Birth prep (2 x 2,5 h, or 1 x 5 h, at your home)	€ 450
Pregnancy massage (2 uur, at your home)	€ 185
Breath & Voice session - a birth rehearsal (2 h, at your home)	€ 185
Breathwork session with partner	€ 185
Post-term treatment, from week 41 (2,5 h, at your home)	€ 185
Breech treatment from week 32 till max. week 35) (2 h, at your home)	€ 185
Extra sessions (per hour)	€ 75
Rent Belly Bind (excl. deposit € 70,-)	€ 25
Rent TENS incl. electrode (excl. deposit € 70,-)	€ 50
TENS electrode (single use)	€ 15
Placenta print incl. frame	€ 150
Complete Herbal kit (oils, teas and herbs for pregnancy, birth and postpartum)	€ 75
Herbs, teas or oils (each)	from € 5
Tinctures (each)	€ 15



# Postpartum Treatments

## **Postpartum massage: € 220 / 135 minutes**

Healing body massage brings you into balance.

Preliminary conversation, body massage, warming tea. At your home, or in the hospital.

**Also available as a package of 3 sessions - € 620**

## **Deluxe postpartum massage: € 260 / 150 minutes**

Warming attention for your recovering body.

Reliminary conversation, body massage, restorative moxa, healing castor oil belly wrap, warming tea. At your home, or in the hospital.

**Also available as a package of 3 sessions - € 740**

## **Bengkung belly bind postpartum treatment: € 220 / 135 min**

Loving embrace of your belly and pelvic area.

I come to your home to completely pamper you and gently support your belly in recovery after your baby's birth.

The package consists of: warming moxa, healing belly massage, castor oil belly wrap, gentle foot massage, bengkung belly binding & instruction to bind yourself.

Belly bind rental is also available.

**Also available as a package of 3 sessions - € 630**

## **Yoni steam: € 50**

From one week after your birth and when any stitches have been removed or dissolved, you may take your seat on your throne! I bring a beautiful throne for you where you can rest like a queen! You receive a bag of herbs and instructions to continue steaming at home in the weeks after treatment.

**Only in combination with other treatments**

## **Herbal foot bath (with magnesium): € 50**

When steaming does not (yet) feel right for you, I invite you to soften into relaxation through your feet. As part of a treatment, you receive a warm herbal foot bath with magnesium. A moment to arrive, be held, and be supported by warmth and scent.

This foot bath is deeply relaxing, supports recovery, and calms the nervous system. The herbs are carefully selected and attuned to your body and needs, based on the intake and what is present for you in that moment.

**Only in combination with other treatments**



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# Postpartum

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## **Welkom mama ceremonie: € 350 / 3 hour**

A gentle landing into motherhood.

During the treatment, you can enjoy:

Space to share your birth story, foot bath or vaginal steam bath, healing aromatic body massage, wrapping & intention for motherhood, chia dream pudding or soup to pamper your taste buds & golden turmeric drink.

## **Postpartum support: € 55 per hour (minimum of 3 hours per session)**

All care is tailored to your needs. Sometimes you need rest. Sometimes extra hands. Sometimes someone simply sitting with you. I can support you with:

- Gentle massage, breathwork, yoni steam, and/or herbal foot bath (see postpartum treatments)
- Compassionate, listening presence
- Light household tasks
- Preparing nourishing meals (groceries not included)
- Caring for your baby so you can sleep or shower
- Practical support attuned to your needs
- Support with older children

The first 40 days are sacred. How you experience this time echoes into your motherhood. You do not have to do it alone.



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# Postpartum

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## Het Nourishing new mama plan

A series of unique postpartum treatments including healing massage, gentle abdominal care, nurturing rituals, warming teas, and nourishing treats. All sessions take place in the comfort of your own home.

### 3 sessions: € 750

#### First session

- Restorative moxa treatment
- Healing belly massage
- Castor oil belly wrap
- Foot massage
- Bengkung belly binding

#### Second session

- Vaginal steam bath
- Restorative moxa treatment
- Healing belly massage
- Castor oil belly wrap
- Warming back & neck massage
- Bengkung belly binding

#### Third session

- Healing body massage
- Nurturing wrapping
- An intention and blessing for your motherhood

### 4 sessions: € 950

#### First session

- Restorative moxa treatment
- Healing belly massage
- Castor oil belly wrap
- Foot massage
- Bengkung belly binding

#### Second session

- Vaginal steam bath
- Restorative moxa treatment
- Healing belly massage
- Castor oil belly wrap
- Back/neck/shoulder massage
- Bengkung belly binding

#### Third session

- Restorative moxa treatment
- Healing body massage

#### Fourth session

- Healing body massage
- Nurturing wrapping
- An intention and blessing for your motherhood

### 5 sessions: € 1.150

#### First session

- Restorative moxa treatment
- Healing belly massage
- Castor oil belly wrap
- Foot massage
- Bengkung belly binding

#### Second session

- Vaginal steam bath
- Restorative moxa treatment
- Healing belly massage
- Castor oil belly wrap
- Back/neck/shoulder massage
- Bengkung belly binding

#### Third session

- Healing belly massage
- Castor oil belly wrap
- Head/neck/shoulder massage
- Bengkung belly binding

#### Fourth session

- Restorative moxa treatment
- Healing body massage

#### Fifth session

- Healing body massage
- Nurturing wrapping
- An intention and blessing for your motherhood



# Breathwork & bodywork

## Breathwork, bodywork or voice

### 1-on-1 session: € 150 / 120 minutes or € 75 per hour

- 120 minutes (or € 75 per hour)
- At my practice in Rotterdam, at your home, or on location.
- Full attention to your personal process.
- Every session feels different.
- Each session is a new experience, bringing new insights and awareness.
- Location and travel expenses are not included in the price.

### Duo session: € 185 / 120 minutes

- 120 minutes
- At my practice in Rotterdam, at your home, or on location.
- Together with your mother, partner, friend...
- During the duo session you share your process and my attention with someone of your choice.
- Location and travel expenses are not included in the price.

### Package of 3 breathwork sessions: €450 for 3 sessions

For those who want to experience the power of breathwork, I offer multi-session packages. To be scheduled within 2 months.

## Presence process guidance: €350 for a 10-week journey

A guided 10-week Presence Process journey, based on the book by Michael Brown. You move through the process independently, with support through group reflections, in-depth materials, curated playlists, and breathwork practices. Weekly 1-on-1 breathwork sessions can be added optionally.

## Cloth massage: € 90 / 45 minutes

- Bodywork without undressing, using woven wraps (inspired by Rebozo massage).
- At my practice in Rotterdam, at your home, or on location.
- Location and travel expenses are not included in the price.

Allow yourself to be held in gentle rocking movements and deep relaxation.



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# Ceremonies & rituals

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## **Motherblessing: € 35 per woman (or a min. of € 350) / 4 hours**

During this circle, we consciously take time to surround the mother with symbolic and personal rituals:

- We open the circle with intentions and connect with each other's hearts.
- We share words of strength, wisdom, and love.
- We give meaningful gifts: a bead necklace, affirmation cards, flowers, texts, small objects.
- We decorate her belly or body (for example, with henna or flowers)
- We perform rituals like the red thread, a foot bath, or a blessing circle
- We sing, meditate, breathe, and let her rest in a bed of trust

The mother does not pay for her own blessing: it is a gift from the women around her. The price per participant is agreed upon in consultation, with a minimum of 10 women or a fixed minimum price of € 350 (excluding any location costs).

## **Rebozo closing ceremony (Closing of the bones): € 650 4 hours (two practitioners)**

### **A warm and embracing ceremony**

- This moment is all about you.
- We create space to share and gently integrate the story of the life chapter you are ready to close. (Consider: postpartum, loss, closure)
- 4-Hour Ceremony
- Arrival and grounding with a guided meditation.
- A space for you to share, optionally combined with a yoni steam or herbal foot bath.
- A one-hour four-hand massage by myself and a fellow doula.
- Herbal bath sauna ritual (baño)
- Nurturing wrapping with towels and blankets.
- Closing of the Bones (Rebozo), supported by another doula.
- A friend or family member is welcome to be present and support you.
- We close the ceremony with nourishing food and drinks.



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# Ceremonies & Rituals

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## **120 days after conception: price on request**

- During this ceremony, you and your partner are embraced, nourished, and honored by the friends and family you choose to have by your side.
- We create a warm sanctuary where you, as the expectant mother and father, are central.
- We sing, meditate, and share blessings and intentions.
- Your feet are washed and massaged with herbal salt prepared with love.
- You sit under a veil of protection while flowers and words of love are scattered over you.
- Everyone is invited to bring an immaterial gift: a prayer, a song, a wish for you and your baby.
- We honor your strength, not because you are vulnerable, but because you are a gatekeeper of new life.
- A ceremony of connection and consciousness. Based on the Kundalini tradition.

## **Menarche initiatieceremonie: € 75 per mother–daughter duo (or a minimum of € 350) / 4 hours**

- Educational circle about the female body, hormones, and menstruation
- Open conversation about cycles, hygiene, and self-care
- Red tent ritual where the girls receive their initiation
- Intentions, wishes, and symbolic gifts from the mothers
- A shared circle about womanhood and the wisdom that comes with it
- Closing with treats and togetherness

Minimum 4 mother-daughter duos, otherwise a fixed price of € 350 applies

## **24-Hour JUST FOR YOU retreat (incl. plant medicine journey) € 550 – 24-hour individual retreat**

- 24 hours devoted entirely to yourself.
- I listen, walk beside you and stay present throughout your journey.
- Stay in a cabin surrounded by forest.
- From lunch to lunch the following day.
- Nourishing meals included (2 lunches, light dinner, and breakfast).
- Spacious time dedicated to your personal needs.
- Silence and rest in nature.
- Including a breathwork session and/or bodywork focused on the pelvic area.
- (Optional) An evening journey with cacao, mushroom, and blue lotus.
- I primarily work with women.



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# Ceremonies & Rituals

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## **Sacred transitions: a personal rite of passage: From € 450, minimum of 4 hours**

Sacred Transitions is a personal ceremony in which we step out of time for at least half a day. No rush. No agenda. No "quickly finishing up."

Instead, we enter a held and intentional space where your transition is at the center.

- Half-day ceremony (±4 hours)
- Arriving and fully landing in the body
- Working with breath and voice
- Bringing both the story and the undercurrent into awareness
- Shaping ritual and symbolism
- Physically and energetically marking the transition
- Integrating in silence
- Includes preparatory attunement
- Excludes any location or material costs

