

Ayurdoula
Charlotte Sternkind Del Toro

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www.ayurdoula.com

Certified Doula, DONA International
Certified Doula, Hypnobabies
Certified Infant Massage Instructor, IAIM-US
Licensed Massage Therapist

Birth Service Fees

Lakshmi (Goddess of Prosperity) Birth Service

This birth package includes the following:

- Free 1 hr Initial consultation
- On call birth retainer reservation
- **(7)** 90-minute **Prenatal massage/breathwork/consultation sessions** for mom
- **(1)** 60-minute **Massage/breathwork/consultation** for dad or birth partner
- **(1)** 2 hour **Birth visioning meeting**
- Telephone, e-mail, and text support
- Meeting with medical provider for discussion of any health concerns and/or review of birth plan
- **(1)** 2 hour **Partner preparation meeting**
- **Attendance of active Birthing time, birth, and 1-2 hours following birth**
- **(1)** 1 hour **Postpartum birth story processing**
- E-mail copy "My Birth Story: A Doula's Perspective"
- **(5)** 4-hour slots of **Ayurvedic postpartum care** at parent's home (see website page Ayurvedic Postpartum Care for details):
Includes **(5)** sessions **Mama abyhanga** (Indian hot oil massage),
Parents may select from other options:
Baby abyhanga,
Baby abyhanga instruction for you, family and friends
Marma energy Work
Ayurvedic meal preparation
Basic herbal support
Instructions and demo for: basti, self abyhanga, belly wrapping,
postpartum "exercise"
(additional cost for groceries & supplies based on selection as needed)
- A copy of **Infant Massage Instruction: A Handbook for Loving Parents** by Vimala McClure
- 1 bottle organic sesame oil for new baby massage (2 ounce)
- 1 bottle of Ayurvedic baby massage oil (4 ounce)
- **(1)** 60-minute **New Family massage** for Dad or birth partner*

Service Price: \$1944.00

Rohini (Full Moon) Birth Service

This birth package includes the following:

- Free 1 hr Initial consultation
- On call birth retainer reservation

- **(1)** 90-minute **Prenatal massage/breathwork/consultation sessions** for mom
- **(1)** 2-hour **Birth visioning meeting**
- Telephone, e-mail, and text support
- **Attendance of active Birthing time, birth, and 1-2 hours following birth**
- **(1)** 1 hour **Postpartum birth story processing**
- **(3)** 4-hour slots of **Ayurvedic postpartum care** at parent's home (see website page Ayurvedic Postpartum Care for details):
Includes **(3)** sessions **Mama abyhanga** (Indian hot oil massage),
Parents may select from other options:
Baby abyhanga,
Baby abyhanga instruction for you, family and friends
Marma energy Work
Ayurvedic meal preparation
Basic herbal support
Instructions and demo for: basti, self abyhanga, belly wrapping,
postpartum "exercise"
(additional cost for groceries & supplies based on selection as needed)
- **(1)** 60-minute **New Family massage** for Dad or birth partner*

Service Price: \$918.00

***Postpartum** massage services for all packages may be received at your choice of your home (20 mile radius from my Westlake area) or at my office

Shakti (Divine Creative Feminine) Birth Service

Create your own package with popular Add-ons to Birth Services

This birth package includes the following:

- Free 1 hr Initial consultation
- On call birth retainer reservation
- **(1)** hour **Birth plan review**
- Telephone, e-mail, and text support
- **Attendance of active Birthing time, birth, and 1-2 hours following birth**
- **(1)** hour **Postpartum birth story processing**

Service Price: \$ 540.00 + price of desired Add-Ons

Ayurvedic Postpartum Care

Kaiyakalpa Package-ideally given 3 days in a row to "reboot" mom's body, mind and spirit (due to rhythm of Ma Nature in birth, effort will be made to be consistent but other births and pre-existing scheduling may need to be accommodated)

(3) 4-hour slots of **Ayurvedic postpartum care** at parent's home* (see website page Ayurvedic Postpartum Care for details):

Includes **(3)** sessions **Mama abyhanga** (Indian hot oil massage),

Parents may select from other options:

Baby abyhanga,

Baby abyhanga instruction for you, family and friends

Marma energy Work

Ayurvedic meal preparation
Basic herbal support
Instructions and demo for: basti, self abhyanga, belly wrapping,
postpartum "exercise"
(additional cost for groceries & supplies based on selection as needed)

Service Price: \$300.00

Please speak to Charlotte if you desire more than 3 days care for cost and other arrangements.

Add-on Birth Services

- 2-hour Birth visioning meeting **(\$ 80)**
- Birth trigger assessment & proactive planning/per hour **(\$ 40)**
- Meeting with medical provider for discussion of any health concerns and/or review of birth plan **(\$ 40)**
- 2 hour Partner preparation meeting **(\$ 100)**
- E-mail copy "My Birth Story: A Doula's Perspective" **(\$30)**
- 90-minute in-home Infant massage instruction for you, family and friends **(\$ 75)**
- Admission to **public** Infant Massage instruction class (1-1 1/2 hrs) **(\$20)**
- A copy of Infant Massage Instruction: A Handbook for Loving Parents by Vimala McClure **(\$ 17)**
- 1 bottle of all natural Ayurvedic baby massage oil (4 ounce) **(\$ 10)**
- 1 bottle of unrefined almond oil for new baby massage oil (2 ounce) **(\$ 5)**
- **Massage Services in my office**
 - Prenatal, 90-minute **(\$100)**
 - Postpartum massage 75-minute **(\$85)**
 - Postpartum 60-minute **(\$70)**
 - For Dad, family or friends, 60-minute **(\$70)**
- **Outcall Massage Services at your chosen location (Austin metro)***
 - Prenatal, 90-minute **(\$110)**
 - Baby Shower package includes: Prenatal massage for mom after baby shower (1 1/2 hrs) & on-site massage for hostess (1 hr) **(\$180.00)**
 - Postpartum massage 75-minute **(\$95)**
 - New Family massage for Dad or birth partner, 90-minute **(\$100)**
 - New Family massage for Dad or birth partner, 75-minute **(\$95)**
 - New Family massage for Dad or birth partner, 60-minute **(\$80)**
- Single 4-hour slot of Ayurvedic Postpartum Services **(\$120)**

Gift Certificates are available for all services

*For Ayurvedic Postpartum Care & Outcall Massage Services you must have a ground floor place I can work in or easy elevator access. \$15/per day travel charge applies for Round Rock, Cedar Park, Pflugerville and other north Austin metro locations.

Please call or e-mail, I am open to partial barter arrangements as well. Let me know what you're able to offer.