

Ayurvedic Postpartum Service Packages

All postpartum services offered at client's home* see guidelines at bottom of page

Lakshmi (Goddess of Prosperity) 30 Days/6 Weeks Package \$ 3,996.00

- Dietary consult & grocery list
- Kitchen Tour
- (30) 4-5 hour blocks of time that includes daily abhyanga (warm oil massage) or marma (Indian acupressure) for mama **and** Ayurvedic restorative cooking** for mama or family **+ cost of groceries/spices/shopping trips**
- Breastfeeding support and Lymphdrainage for Engorgement support
- 6 week supply of all **4 Basic Postpartum Herbals** to support lactation, pelvic restoration, lactation, and emotional balancing

+ Bonuses valued at \$565:

- *Bonus:* Infant abhyanga/massage instruction to family after baby's umbilical cord has fallen
- *Bonus:* (3) 1 hour massages for dad/partner or other support person
- *Bonus:* (2) Arvigo Technique of Maya Abdominal Massages for mama to enhance pelvic organ function and wellness, generally at 6 and 8 weeks postpartum with Self-care instruction (timing may vary if Caesarean birth)

Rohini (Full Moon) 20 Days/4 Weeks Package \$ 2,700.00

- Dietary consult & grocery list
- Kitchen Tour
- (20) 4-5 hour blocks of time that includes daily abhyanga (warm oil massage) or marma (Indian acupressure) for mama **and** Ayurvedic restorative cooking** for mama or family **+ cost of groceries/spices/shopping trips**
- Breastfeeding support and Lymphdrainage for Engorgement support

+ Bonuses valued at \$385:

- *Bonus:* Infant abhyanga/massage instruction to family after baby's umbilical cord has fallen
- *Bonus:* (2) 1 hour massages for dad/partner or other support person
- *Bonus:* (1) Arvigo Technique of Maya Abdominal Massages for mama to enhance pelvic organ function and wellness, generally at 6 postpartum with Self-care instructions (timing may vary if Caesarean birth)

Shakti (Creative Feminine Energy) 10 Days/2 Weeks Package \$ 1,404.00

- Dietary consult & grocery list
- Kitchen Tour
- (10) 4-5 hour blocks of time that includes daily abhyanga (warm oil massage) or marma (Indian acupressure) for mama **and** Ayurvedic restorative cooking** for mama or family **+ cost of groceries/spices/shopping trips**

- Breastfeeding support and Lymphdrainage for Engorgement support
- + Bonuses valued at \$165:**
- *Bonus:* Infant abhyanga/massage instruction to family after baby's umbilical cord has fallen
- *Bonus:* 1 hour massage for dad/partner or other support person

Abhyanga/Postpartum Massage *ONLY* 10 days/2 Weeks Package \$1,130.00

- (10) abhyanga (warm oil massage) or marma (Indian acupressure) for mama
- Breastfeeding support and Lymphdrainage for Engorgement support
- + Bonus valued at \$75:**
- *Bonus:* Infant abhyanga/massage instruction to family after baby's umbilical cord has fallen

Ayurvedic Restorative Postpartum Cooking *ONLY* 10 days/2 Weeks Package *in client's home* \$810.00

- Dietary consult & grocery list
- Kitchen Tour
- (10) full meals of Ayurvedic restorative cooking** for mama or family **+ cost of groceries/spices/shopping trips**
- Breastfeeding support and Lymphdrainage for Engorgement support
- 6 week supply of all 4 Basic Postpartum Herbals to support lactation, pelvic restoration, lactation, and emotional balancing

Create Your Own Packages: 3 Day Minimum on the following:

Full Service \$150 per day (4-5 hours per day)

- Dietary consult & grocery list
- Kitchen Tour
- 4-5 hour block of time that includes daily abhyanga (warm oil massage) or marma (Indian acupressure) for mama **and** Ayurvedic restorative cooking** for mama or family **+ cost of groceries/spices/shopping trips**

Abhyanga/Postpartum Massage \$110 per day (1 ½-2 hours per day)

- daily abhyanga/massage or marma (Indian acupressure) for mama

Ayurvedic Restorative Postpartum Cooking \$60 per day (2-3 hours per day)

- Dietary consult & grocery list

- Kitchen Tour
- Daily full meals of Ayurvedic restorative cooking for mama** or family **+ cost of groceries/spices/shopping trips**

Single Day Outcall Services

Postpartum Abhyanga/massage or marma (Indian acupressure-best if emotionally challenged or within first 10 days of a Caesarean birth) for mama **\$120**

Arvigo Technique of Maya Abdominal Massage for mama to enhance pelvic organ function and wellness, generally at 6 and 8 weeks postpartum with Self-care instruction (timing may vary if healing from Caesarean birth). Requires an extensive initial intake form, download [here](#). **\$175 first session** (1 ½-2 hours), **\$120 additional sessions** (1 hr)

Massage for Dad/partner or other Support Person, if on same day as services for mama **\$90/hr**

Breastfeeding Support and Lymphdrainage for Engorgement \$30 if added on to another service, **\$60** if solo service

Infant Massage/Baby Abhyanga Instruction \$75

You may invite up to 5 additional families with babies, **add on \$20 per family.**

Basic Herbal Support \$180/6 weeks

\$240/8 weeks recommended for Caesarean birth

Mom gets a six week supply with preparation instructions of 3 basic herbal formulas, and a 4 ½ week supply of an herbal that is started around Day 10. These are prepared as delicious snacks and drinks for general postpartum health and repair with a focus on supporting lactation, pelvic organ strength, digestion, and emotional and breast health. Includes 2 delivery dates.

Special Needs Herbals *cost varies per herbal and duration*

Mom gets short term boosts for energy, normal level of "blues", calming the nervous system

Young Living Aromatherapy *cost varies per Essential Oil or Blend and application technique*

Mom, baby and family benefit from topically applied essential oils and diffused oils for the baby and household.

***I serve a *limited* area of NE San Antonio & communities around I-35, up to a 15 mile radius from my home 78233 ZIP. Outcall fees for specified area are included in above prices, *but* additional outcall fees of \$20/per**

day will apply to homes outside of my designated area; availability for other San Antonio Metro areas communities will be assessed on an individual basis accounting for travel and time.

*You must have a ground floor space (or easy elevator access) that is large enough to set up a massage table to work in. Second floor will only be available if Dad/partner can carry massage table up & down.

** *Meals may be tailored for Indian or Western foods, special diets such as vegetarian, free from gluten, dairy or to support existing health issues. Please be advised that I do not cook "diet to lose weight" foods nor advise them for first 6-8 weeks postpartum.*