**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 **4Basic 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 4Basic 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 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 San Antonio (NE up to New Braunfels and central, West to Blanco Road), up to a 10 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 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.*