BODYWORK

Abhyanga

nervous system reset
anointed from head to toe with herb infused oil, followed by light pressure strokes that encourage flushing of the lymphatic system and full body rejuvenation
90 min session includes an herbal foot soak with essential oil of your choice; warm oil treatment, steamed towel, tea, and space to process
option to add herbal sitz bath +/or belly bind
solo service $180

Shirodhara

shiro (head) + dhara (flow)
an ancient Ayurvedic treatment where warm, herb-infused oil is continuously poured over the forehead
this treatment reduces mental agitation, anger, anxiety, frustration, and chronic or acute stress; and can be helpful for processing your birth story
75 min session includes an herbal foot soak with essential oil of your choice: a shoulder, neck, face and foot massage; 45 minute oil pour, steamed towel, tea, and space to process
this service is only available in my home office - $108

Herbal Sitz Bath

a signature blend of herbs decocted in water designed to ease discomfort, reduce swelling, cleanse and soothe the perineal area, and promote healing after childbirth. particularly helpful for vaginal deliveries, tears, +/or hemorrhoids. this offering includes bathroom setup, herbs, + 30 mins supervision of babe while you soak
solo service $72

Yoni Steam

positioned over a pot of warm water infused with herbs, this treatment allows steam to gently cleanse and soothe your vaginal and vulva area
contraindicated if heavy lochia is present
solo service $72

Bengkung Belly Binding

this technique involves wrapping fabric from hips to ribcage to provide support and promote healing. beneficial starting 5 days PP.
contraindicated: hemorrhoids, pelvic floor trauma
offering includes initial wrapping + tutorial
solo service $72

Herbal Padsicles

witch hazel + aloe + EO = frozen heaven
$18 - dozen

HERBS

Milk Tea

signature blend of lactation herbs - $14 bag

Lactation Ladoos

spiced sweet treat to boost milk supply
$18 - two dozen

Tinctures

signature vegetable glycerine herbal blends: lactation, mood, sleep, digestion, custom
$14 - 1 oz/bottle

Postpartum Spice Blend

add to meals at home to promote healing
$14 - 4 oz shaker

Nipple Salve

herbal blend to keep your nips comfy
$14 - 1 oz jar

Lady Bits Perineal Spray

soothing spray with witch hazel + aloe + EO
$14 - 2.5 oz bottle

Hemorrhoid Powder and Salve

soothe and shrink with this herbal combo
$14 - 1 oz jar, powder and salve sold seperate