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 binding

$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

this 75 min session includes an herbal foot soak with essential oil of your choice: a shoulder, neck, face and foot massage; 45 minute pour; steamed towel, tea, and space to process

**this service is only available at my home office*

$108

NURTURING

Bodywork & Herbs

Herbal Sitz Bath

a signature blend of herbs, decocted in water, 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 bathtub cleaning, herbs, 30 mins supervision of babe while you soak

service + blend - $45, packaged blend - $14 bag

Yoni Steam

positioned over a pot of warm water infused with herbs, this treatment allows the steam to gently cleanse and soothe your vaginal and vulvar area

contraindicated when heavy lochia is present

$45

Bengkung Belly Binding

this technique involves wrapping fabric from hips to the ribcage to provide support and promote healing. beneficial starting 5 days PP.

contraindicated: hemorrhoids, pelvic floor trauma

offering includes initial wrapping + tutorial - $45

Homemade Ghee

best internal support for digestion and elimination

$9 / 6oz

Milk Tea

signature blend of lactation herbs - $14 bag

Lactation Ladoos

spiced sweet treat to boost milk supply

$18 - two dozen

Tinctures

signature herbal blends in vegetable glycerine

lactation, mood, sleep, digestion - $14 - 1 oz/bottle

Postpartum Spice Blend

add to meals at home to promote healing

$14 - 4 oz shaker

Nipple Salve

baby safe, herbal blend to keep your nips happy

$14 - 1 oz jar

Lady Bits Perineal Spray

soothing spray with witch hazel + aloe + EO

$14 - 2.5 oz bottle

Herbal Padsicles

witch hazel + aloe + EO = frozen heaven

$14 - dozen

Hemorrhoid Powder and Salve

soothe and shrink with this herbal combo

$14 - 1 oz jar