What is Included

- Cloth Belly Binding Wrap with In-person Instruction
- 3 Acupuncture Sessions with a provider experienced in postpartum care
- 30 days of pesonalized Chinese Herbs
- Abdominal Heating Pad & Moxa
- Bone Broth Herbs (Culinary)
- Herbal Tea specific for women's health
- Organic Herbal SITZ Baths

With some extras such as:

- Hardcover Book ***The First Forty Days***
- Medicinal Diaper Salve
- Dry Brush
- Belly Balm
- High Grade Cacao/Chocolate

"Ritual and Ceremony fill the Mothers Spirit, and Spirit is the matrix of all healing. When a mothers spirit is nurtured, healing will be steady and successful. Even if she has had multiple pregnancies or has had a difficult pregnancy or labor."

Recovery & Healing in Postpartum

- Restores Energy used in Pregnancy & Birth
- Aids Uterine & Pelvic Floor Healing
- Provides Support to Process the Birth Experience
- Promotes Scar Healing & Cesarean Recovery
- Stabilizes the Mood for Anxiety, Depression, Irritability
- Relief from Pain Syndromes
- Regulates Milk Supply & Lactation
- Promotes Healthy Digestion & Elimination
- Stimulates Weight & Metabolism Regulation
- Promotes Healthy Aging & Restores Youthfullness
- Welcomes a New Phase of Life

Traditional Eastern Medicine in Postpartum Care

The postpartum period,
often recognized as the 'First 40 Days', is a sacred time for profound healing, bonding, and spiritual transformation. It is a blessing to be cherished rather than rushed. Focusing on deep rest, community support, and nurturing the bond between mother and baby.
This practice of postpartum care is designed specifically for new mothers to rest, reset, and recover.



"Postpartum can be a time of profound healing. A woman's energy system is so open after birth that intentional care can heal diseases from the past and prevent illness in the future"