

# MAMA'S BLESSING PACKAGES



DOULA AND HOLISTIC MASSAGE  
SERVICE

# MEET AUSTEN TATE

HHP, CPD

Austen has more than 10 years of experience working with families pre-and postpartum. Her path to becoming a doula began during childhood when she witnessed her baby brother's birth.

Austen delivered her children at home with the experience and care of midwives. This cemented her belief that the traditional knowledge of natural birth is integral to a whole and healthy family system.

Her background in traditional healing techniques along with childbirth and nutritional education, and massage and herbal practices further enhances her doula practice.

Austen also counsels new parents in breastfeeding, newborn care, and womb care.

She lives in Santa Cruz with her two sons, and loves to read, practices yoga, dance, and is a lover of nature. Her wholehearted belief about parenting is that when we consciously create life during conception, birth, and after, we have the opportunity to bring more peace to the world.



# PACKAGES

## MAMA'S BLESSING

I'd love to hear from you!

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### **Yoni Steam with Wombcare Massage (1 hour)**

For womb carriers, our wombs are our second heart/mind connection! We hold belief systems, emotions, creativity, and live-giving energy in the uterus. When the uterus is misaligned, stagnant, cold in condition, fibrous, or dealing with irregular cycles this can effect our overall health! Yoni steams release and circulate the vaginal tissues, relax the uterus, and regulates the hormonal response of "fight or flight." Sit on a beautiful cedar wood chair and receive the steam from warm water and herbs in a clay pot, while the practitioner holds space. Afterwards, hop on the warm bed for 30 minutes of womb massage, which helps with detox, fertility, painful periods, and postpartum healing.

**\$165.00**

*Add on Moxa*

### **Blissfully Bound Mama Package (1 hour)**

Four sessions of the Bengkung Belly Bind with womb massage in the for postpartum healing. The practitioner will start by doing hands-on womb massage to heat, tonify, and move the lymphatic fluids in your uterus for twenty minutes. Afterwards, they will wrap your belly with a long, cotton cloth from hips to underneath the breast for full support to the core. The knots at the mid-section of this Malayasian bind, replicate the structure and actions of the abdominal muscles.

**\$1,033.00**

*Single treatments are available at 288.00 per single session*

### **Nurturing Prenatal Massage (1 hr 20 min)**

Prenatal massage is tailored to support the unique needs of pregnant women and their changing bodies. The physical discomforts of pregnancy can be greatly reduced with the nurturing touch of massage. Massage can improve overall maternal health and help prepare mom and baby for an easier delivery. Other benefits include reducing maternal anxiety and depression, relief of lower back and hip pain, correction of prenatal posture, balance and regulation of hormones, reduction of edema, relief of varicose veins, and emotional and physical support through relaxation.

**\$222.00**

### **Mamas Blessing Postpartum Massage (1 hr 20 min)**

Receiving care and touch after birth is very soothing to the new mama and baby. In this session you will receive 50 minutes of massage with essential oils addressing the whole body including your abdomen. When the session is complete, the practitioner will use an ancient Chinese treatment called Moxa followed by a Rebozo wrap to your womb. All of these modalities will prevent injury, restore energy lost after birth, and regenerate the entire nervous system.

#### **Add On:**

**Straight bind \$55.00, Vaginal Steam \$75.00 at 4-6 weeks, Infant Massage \$75.00,**

**\$230.00**

### **Postpartum Closing of the Bones Treatment (1 hour 30 minutes)**

Herbal Bath, vaginal steam, massage, and closing of the bones with a cloth. This brings warmth to the womb, increases lactation, decreases postpartum fatigue and stress and helps bring the organs and uterus down, and fully relaxes the Mom. This traditional Mexican technique is an honoring, closing, and remembrance of the birth experience. Any trauma or injury will be addressed, if needed.

**\*Moxabustion** - Restore the uterus and organs after birth with an incense, mugwort stick called Moxa. It targets the meridians to address ailments.

**\$244.00**

#### **Add Ons:**

**Vaginal Steam \$75.00, Infant Massage \$75.00**

*VARIOUS PACKAGE COMBINATIONS TO MEET YOUR NEEDS*