



## CHERRY BLOSSOM AYURVEDIC POSTPARTUM SERVICES

*Specialized support for your Birth Recovery Breastfeeding journey*

### **Ayurvedic mother care & lactation education FAQ**

*Q: What is Ayurveda?*

A: Ayurveda is the oldest medicine system in the world and the “sister life science” to yoga – and like yoga it has a lot to say about long-term wellbeing. Traditional Ayurvedic doula care promotes longevity, rebuilds complete health in the mother’s body-mind and honors this sacred period of time.

Specifically, Ayurveda teaches us that the first 42 days of new life (yours and your babes) correspond directly to the next 42 years. And science backs it.

*Q: Why Ayurveda?*

A: Ayurvedic mother care is the only support aligned with complete physical and mental health restoration with clinical (scientific) evidence. How a mother is nurtured in the first six weeks post birth will greatly determine her well-being for decades to come! As a team, we have worked with hundreds of women who have a history of physical dis-ease or challenges in mental health. We have also worked with those looking to prevent future disorder and dis-ease. With Ayurvedic care, families access a route to complete wellness and well-being *for life* with an in-home support specialist and/or empowering live video coaching.

### [Clinical study](#)

*Q: What does our time together look like?*

A: Our virtual or in-person time together includes:

- initial consultation and intake
- 90-minute prenatal consultation plus 3 hours of specialized care and support OR 4 hours postpartum care (when booked after babe has arrived)
- a *highly personalized* Birth Recovery and Breastfeeding plan for the first two weeks postpartum, plus ongoing guidance, coaching, DIY at-home therapies, and support
- body-typing (a dosha test, interpreted by your doula) for optimal grocery, meal, and herbal suggestions
- virtual meal planning *or* in-home meal prep
- a *personalized* grocery list of best postnatal foods to restore body-mind health and prevent imbalance
- an herbal care package \*
- body-mind healing opportunities and practices: womb closing ceremonies, herbal bath/yoni steam, belly binds, guided self-massage, meditation, birth processing, and reintroduction to movement/yoga

- access to recipes & lactation guides
- access to all Cherry Blossom Postpartum Client resources for life, and
- unlimited access to continued body-mind/environment/ and sleep support based on Ayurvedic life sciences and principles, Ayurvedic/H.E.R.B.A.L. breastfeeding support, and unlimited text and email communication during daily office hours for first 42 days post birth

*Q: Tell me more about lactation – do I need a class?*

A: In your 90-minute prenatal consult and 3-4 hours of postpartum care you will receive loads of love and encouragement for your breastfeeding journey – and much of what would be taught in a breastfeeding class plus virtual or in person support from an Ayurvedic perspective. Plus you'll receive our lactation guide! Many of our moms *do need* breastfeeding support from a lactation consultant too, so we suggest having this in your budget just in case. IBCLC's are amazing!

*Q: I saw that local moms receive herbs. Is this everything I need for my postpartum journey?*

A: Local clients receive specialized kitchen herb blend, postpartum ghee, teas or tinctures, herbal bath, Ayurvedic self-massage oil, and hemorrhoid oil (upon request). We have a "momma must have list" for everything else. And last but not least – Cherry Blossom also has incredible postpartum baskets. Ask us about them and we'll tell you more!

*Q: What does an in-home spa day look like?*

A: Postnatal in-home spa days are 4 hours and include mommy-baby yoga, herbal bath, guided self-massage and/or infant massage, meals and snacks. You can bring ALL your questions to this time together, whether babe is fresh or a few months old!

*Q: This sounds like a lot of support! How much does it cost?*

A: You can add onto any Cherry Blossom birth or postpartum package for \$200. Individual Consult and Care is \$250.

Note: When partnering with your postpartum doula for in-home daytime care, your Cherry Blossom doula can and will make the recipes we plan together! There is nothing extra you need to do.