

**ALLORA BIRTH  
SUPPORT + DOULA  
PACKAGES + OFFERINGS**



# FORTUNA

BIRTH PACKAGE OPTION #1

INVESTMENT \$999

EMAIL | PHONE |  
TEXT SUPPORT

COMMUNICATION |  
SUPPORT  
THROUGHOUT  
PREGNANCY

24H TEXT | PHONE  
SUPPORT DURING  
LABOR

ONE PRENATAL  
VISIT | MEETING

REVIEW BIRTH  
PLANNING

POSITIONING +  
PAIN RELIEF

WHAT IF  
SCENARIOS

POSTPARTUM  
PREP

EDUCATION |  
RESOURCES

FREE  
REGISTRATION TO  
"LETTERS FROM A  
DOULA" PROGRAM

ACCESS TO WELLNESS  
| PROVIDER  
RESOURCE LIST

BIRTH PACKING  
LIST

BIRTH REGISTRY  
PREPARATION

ONE POSTPARTUM  
VISIT | MEETING

GO OVER  
BABY SOOTHING

REVIEW  
BREASTFEEDING

POSTPARTUM  
CARE

PROCESS BIRTH  
STORY



# AVANTI

BIRTH PACKAGE OPTION #2

INVESTMENT \$2222

EMAIL | PHONE |  
TEXT SUPPORT

COMMUNICATION |  
SUPPORT  
THROUGHOUT  
PREGNANCY

24H TEXT | PHONE  
SUPPORT DURING  
LABOR

ONE PRENATAL  
VISIT | MEETING

REVIEW BIRTH  
PLANNING

POSITIONING +  
PAIN RELIEF

WHAT IF  
SCENARIOS

POSTPARTUM  
PREP

EDUCATION |  
RESOURCES

FREE  
REGISTRATION TO  
"LETTERS FROM A  
DOULA" PROGRAM

ACCESS TO  
WELLNESS |  
PROVIDER  
RESOURCE LIST

BIRTH PACKING  
LIST

BIRTH REGISTRY  
PREPARATION

STRESS MGMT  
TOOLS

IN-PERSON  
BIRTH SUPPORT

BIRTH |  
INTERVENTION  
GUIDANCE

PAIN  
MANAGEMENT

BREATHING  
TECHNIQUES

MASSAGE AND  
POSITIONING

IMMEDIATE  
BREAST  
FEEDING  
GUIDANCE

ENCOURAGEMENT +  
PROCESSING

ONE POSTPARTUM  
VISIT | MEETING

GO OVER  
BABY SOOTHING

REVIEW  
BREASTFEEDING

POSTPARTUM  
CARE

PROCESS BIRTH  
STORY



# ***DIVINITA***

BIRTH PACKAGE OPTION #3

INVESTMENT \$3333

**EMAIL | PHONE |  
TEXT SUPPORT**

COMMUNICATION |  
SUPPORT  
THROUGHOUT  
PREGNANCY

ON CALL 24H  
SUPPORT FROM  
38-42 WKS

24H TEXT | PHONE  
SUPPORT DURING  
LABOR

**TWO PRENATAL  
VISIT | MEETING**

REVIEW BIRTH  
PLANNING

POSITIONING +  
PAIN RELIEF

WHAT IF  
SCENARIOS

POSTPARTUM  
PREP

**EDUCATION |  
RESOURCES**

FREE  
REGISTRATION TO  
"LETTERS FROM A  
DOULA" PROGRAM

ACCESS TO  
WELLNESS |  
PROVIDER  
RESOURCE LIST

BIRTH PACKING  
LIST

BIRTH REGISTRY  
PREPARATION

STRESS MGMT  
TOOLS

**IN-PERSON  
BIRTH SUPPORT**

BIRTH |  
INTERVENTION  
GUIDANCE

PAIN  
MANAGEMENT

BREATHING  
TECHNIQUES

MASSAGE AND  
POSITIONING

IMMEDIATE  
BREAST  
FEEDING  
GUIDANCE

ENCOURAGEMENT +  
PROCESSING

**TWO POSTPARTUM  
VISIT | MEETING**

GO OVER  
BABY SOOTHING

REVIEW  
BREASTFEEDING

POSTPARTUM  
CARE

PROCESS BIRTH  
STORY



**\*\* FREE NASCITA RITUAL HONORING THE MOTHER WITH PROFESSIONAL PHOTOGRAPHY OF CEREMONY FOR UP TO 10 PEOPLE OF CHOICE \*\***

# CRESCITA

BIRTH PACKAGE OPTION #4

INVESTMENT \$4444

**EMAIL | PHONE |  
TEXT SUPPORT**

COMMUNICATION |  
SUPPORT  
THROUGHOUT  
PREGNANCY

ON CALL 24H  
SUPPORT FROM  
38-42 WKS

24H TEXT | PHONE  
SUPPORT DURING  
LABOR

**ONE PRENATAL  
VISIT | MEETING**

REVIEW BIRTH  
PLANNING

POSITIONING +  
PAIN RELIEF

WHAT IF  
SCENARIOS

POSTPARTUM  
PREP

**EDUCATION |  
RESOURCES**

FREE  
REGISTRATION TO  
"LETTERS FROM A  
DOULA" PROGRAM

ACCESS TO  
WELLNESS |  
PROVIDER  
RESOURCE LIST

BIRTH PACKING  
LIST

BIRTH REGISTRY  
PREPARATION

STRESS MGMT  
TOOLS

**IN-PERSON  
BIRTH SUPPORT**

BIRTH |  
INTERVENTION  
GUIDANCE

PAIN  
MANAGEMENT

BREATHING  
TECHNIQUES

MASSAGE AND  
POSITIONING

IMMEDIATE  
BREAST  
FEEDING  
GUIDANCE

ENCOURAGEMENT +  
PROCESSING

**ONE POSTPARTUM  
VISIT | MEETING**

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BABY SOOTHING

REVIEW  
BREASTFEEDING

POSTPARTUM  
CARE

PROCESS BIRTH  
STORY

**PROFESSIONAL  
BIRTH  
PHOTOGRAPHY**

LABOR + BIRTH  
PHOTOGRAPHY

NASCITA RITUAL  
PHOTOGRAPHY

DIGITAL GALLERY

ALLORAHEALTHANDWELLNESS.COM



# OTHER OFFERINGS

LESS STRESS, MORE LOVE

*BIRTH CLIENTS RECEIVE 10% OFF*

## VIRTUAL YOGA + MEDIATION SESSION

THESE SESSIONS ARE CUSTOMIZED BASED ON YOUR STAGE OF PREGNANCY TO HELP PREPARE THE PHYSICAL, EMOTIONAL AND SPIRITUAL BODY FOR LABOR.

VIRTUAL - \$44

## NASCITA RITUAL

THE NASCITA RITUAL OR "BIRTH RITUAL" IS A CEREMONY HONORING THE MOTHER OR PREGNANT PERSON AND THEIR JOURNEY INTO PARENTHOOD.

EVENT COST VARIES FROM  
\$600- \$1500

## BIRTH VISION WORKSHOP

CRAFTED TO LEAVE YOU FEELING CONFIDENT ABOUT YOUR UPCOMING BIRTH, THE BIRTH VISION WORKSHOP IS A TWO HOUR INTENSIVE PLANNING SESSION FOR THOSE WHO WANT THE SUPPORT PRENATALLY INSTEAD OF THROUGHOUT THE PREGNANCY.

\$222

## POSTPARTUM SUPPORT | HELP

TO HELP YOU ON YOUR HEALING JOURNEY AND DURING THE ADJUSTMENT WITH BABY. THIS IS AN HOURLY SUPPORT OFFERING TO HELP AROUND THE HOUSE, PREPARE MEALS, TIDY, OR WATCH BABY WHILE YOU GET SOME REST.

\$50/ HR



# OTHER OFFERINGS

LESS STRESS, MORE LOVE

*BIRTH CLIENTS RECEIVE 10% OFF*

## COUPLES IN- PERSON SOUND BATH

THESE SESSIONS HELP REDUCE STRESS AND IMPROVE SLEEP QUALITY ALLOWING THE BODY TO FULLY RELAX. THEY CAN ALSO BE CUSTOMIZED WITH VISUALIZATION AND ENERGETIC CLEANSING TO PREPARE THE MIND, BODY AND SOUL FOR BIRTH.

IN-PERSON - \$200

## LETTERS FROM A DOULA PROGRAM

LETTERS FROM A DOULA™ IS OUR VIRTUAL PROGRAM AND 10-PART EMAIL SERIES THAT SUPPORTS YOU THROUGH YOUR SECOND HALF OF PREGNANCY. THIS PROGRAM HELPS KEEP YOU ON TRACK AND IS AN EDUCATIONAL APPROACH FOR THOSE WHO DON'T NEED OR WANT IN-PERSON BIRTH SUPPORT.

DIGITAL PROGRAM  
\$66



# *QUESTIONS*

**FEEL FREE TO REACH OUT**  
*WE'D LOVE TO HEAR FROM YOU*

**EMAIL**

AMANDA@ALLORAHEALTHANDWELLNESS.COM

**SOCIAL  
MEDIA**

@ALLORAHEALTHANDWELLNESS

**WEBSITE**

WWW.ALLORAHEALTHANDWELLNESS.COM

