

Ayurdoula
Charlotte Sternkind Del Toro

512.497.8276 Cell, 445.4922 Home, 328.0505 Office
ayurdoula.com

Certified Doula, DONA International
Certified Infant Massage Instructor, IAIM-US
Licensed Massage Therapist

Birth Service Fees

Lakshmi (Goddess of Prosperity) Birth Service

This birth package includes the following:

- Free 1 hr Initial consultation
- On call reservation for birth
- (9) 90-minute Prenatal massage/breathwork/consultation sessions for mom*
- (1) 90-minute Massage/breathwork/consultation for dad or birth partner*
- (1) 2 hour Birth visioning meeting
- Telephone support
- Meeting with medical provider for discussion of any health concerns and/or review of birth plan (optional)
- (1) 2 hour Partner preparation meeting
- Attendance of Labor, birth, and 1-2 hours following birth
- (1) 1 hour Postpartum birth processing meeting
- (6) 60-minute Postpartum massage/breathwork/consultation sessions*
- (2) 60-minute New family massage for dad or birth partner*
- (1) 90-minute in-home Infant massage instruction for you, family and friends
- a copy of [Infant Massage Instruction: A Handbook for Loving Parents](#) by Vimala McClure
- 1 bottle unrefined almond oil for new baby massage (2 ounce)
- 1 bottle of Ayurvedic baby massage oil (8 ounce)

Service Price: \$2160.00

Chandra (Luminous Moon) Birth Service

This birth package includes the following:

- Free 1 hr Initial consultation
- On call reservation for birth
- (4) 90-minute Prenatal massage/breathwork/consultation sessions for mom*
- (1) 60-minute massage/breathwork/consultation sessions for partner*
- (1) 2 hour Partner preparation meeting
- (1) 2-hour Birth visioning meeting
- Telephone support
- Attendance of labor, birth, and 1-2 hours following birth
- (1) 90-minute in-home Infant massage instruction for you, family and friends
- (1) bottle unrefined almond oil for new baby massage (2 ounce)
- (1) 75-minute Postpartum massage for Mom*
- (1) 60-minute New Family massage for Dad or birth partner*

Service Price: \$1296.00

Rohini (Great Beauty) Birth Service

This birth package includes the following:

- Free 1 hr Initial consultation
- On call reservation for birth
- (1) 90-minute Prenatal massage/breathwork/consultation sessions for mom*
- (1) 2-hour Birth visioning meeting
- Telephone support
- Attendance of labor, birth, and 1-2 hours following birth
- (1) 90-minute in-home Infant massage instruction for you, family and friends
- (1) bottle unrefined almond oil for new baby massage (2 ounce)
- (1) 75-minute Postpartum massage for Mom*
- (1) 60-minute New Family massage for Dad or birth partner*

Service Price: \$918.00

Hanuman (Divine Servant) Birth Service

This birth package includes the following:

- Free 1 hr Initial consultation
- On call reservation for birth
- 2-hour Birth visioning meeting
- Telephone support
- Attendance of labor, birth, and 1-2 hours following birth

Service Price: \$ 648.00

*Massage services for all packages may be received at your choice of your home (20 mile radius from my Westlake area) or at my office

Other Birth Services

- 2-hour Birth visioning meeting **(\$ 80)**
- Birth trigger assessment & proactive planning/per hour **(\$ 40)**
- Meeting with medical provider for discussion of any health concerns and/or review of birth plan **(\$ 40)**
- 2 hour Partner preparation meeting **(\$ 100)**
- 1 hour Postpartum birth processing meeting **(\$ 40)**
- 90-minute in-home Infant massage instruction for you, family and friends **(\$ 75)**
- a copy of Infant Massage Instruction: A Handbook for Loving Parents by Vimala McClure **(\$ 16)**
- 1 bottle of all natural Ayurvedic baby massage oil (8 ounce) **(\$ 20)**
- 1 bottle of unrefined almond oil for new baby massage oil (2 ounce) **(\$ 5)**
- 90-minute Prenatal massage, outcall **(\$110)**
- 75-minute Postpartum massage, outcall **(\$90)**
- 60-minute New Family massage for Dad or birth partner, outcall **(\$80)**
- Baby Shower package includes: On-site prenatal massage for mom after baby shower (1 1/2) hours & on-site massage for hostess (1 hour) **(\$180.00)**