



*A Peaceful Escape*

**Therapeutic  
Massage  
&  
Labor Doula  
Services**

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**A Peaceful Escape**  
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### **Postpartum Massage**

Postpartum massage at A Peaceful Escape is designed to provide physical and emotional relief for new moms. I strive to provide a massage that addresses the physical changes after pregnancy and focus on the pelvis and spine to facilitate realignment; the upper arms and chest to address the strain these muscles endure in providing care for new babies and older siblings; I know specific techniques that can reawaken the core musculature, and can address and minimize the appearance of scar tissue after a cesarean birth.

Additional benefits of postpartum massage are:

- Acceleration of the healing process after a vaginal or c-section birth
- Releases muscles strain from labor and delivery and from newborn and toddler care
- Diminishes swelling and increases circulation
- Relieves fatigue from sleep deprivation
- Helps increase mother/infant bonding through the release of endorphins

In studies, massage has been shown to help minimize the effects of stress by encouraging mom to relax and take time for herself and can offer a space where she feels safe, secure and reassured in her own abilities as a mom and as a woman.

If you have any additional questions about me or my services, please do not hesitate to contact me.

**Your referrals are greatly appreciated.**

## Prenatal Massage

At A Peaceful Escape massage can be done during the entire pregnancy and during most prenatal conditions, even those considered "high risk."

I also have special cushions that allow a pregnant woman to lie face down while receiving her massage. This feature is often the deciding factor when women are looking for a prenatal massage therapist. Side-lying massage is also available for those who prefer to receive massage in this way.

Pregnancy Massage is one of the most beneficial things a mom can do for herself during pregnancy. The pregnant body undergoes rapid and dynamic changes that affect the entire body.

Massage from a knowledgeable and experienced provider can help mitigate most- if not all- of the aches and pains associated with these changes.

Current scientific studies from the Touch Research Institute in Miami and at Duke University show that regular massage during pregnancy can result in:

- reduced anxiety
- decreased stress hormone levels
- better sleep
- less back pain
- diminishes swelling and encourages fluid circulation
- promotes secretion of endorphins that benefit both mom and baby
- more sensitive and caring touch of newborns by their mothers

Massage also has the added benefits of preparing moms for labor and is a great way to enhance and practice their relaxation skills in preparation for the work ahead.

## Rates and Packages

### In-Office Pricing

75 minute session \$85  
90 min session \$95  
120 minute session \$115

### In-home & In-hospital Pricing (+ traveling fee if applicable)

75 minute session \$110  
90 minute session \$115  
120 minute session \$130

### Referral Program

Refer 1 friend/family member & get \$10 off your next session

\$10 discount can be combined with other referral discounts- not to exceed 3 per session. Cannot be used towards package discounts.

### Packages

75 minute sessions:

Package of 3: \$230 (save 10%)  
Package of 5: \$361 (save 15%)  
Package of 10: \$680 (save 20%)

90 minute sessions:

Package of 3: \$257 (save 10%)  
Package of 5: \$404 (save 15%)  
Package of 10: \$760 (save 20%)

Package massages can be transferable to family members

## Labor Doula Services

You can have a wonderful birth!

There's more to birth than a new baby being born. It is also the birth of a mother; a father; the birth of a family. It is a dynamic life journey that is not meant to be traveled alone.

The way a birth unfolds will be remembered forever and will have a lasting impact on mother, partner, and each family member. It makes sense that the continuity, insight, encouragement, and comfort that a doula provides can only add to the birth experience.

A doula can be an invaluable part of the birth team whether you are planning a natural birth in the hospital or birth center, an epidural, or a homebirth.

As a labor doula, I continue the tradition of women serving women through the birth process, and provide support to all who are attending the birth. My labor doula services are tailored to the specific needs and desires of the families I work with and have a focus on helping create a joyful and memorable birth experience.

I use my knowledge, education and experience to provide evidenced based information, and alternatives regarding your birth options. I also incorporate massage, therapeutic touch, aromatherapy and additional tools to provide families a compete and holistic approach to their labor and birth experience.

Call today to schedule a free consultation and to find out how my services might fit into your plans for your birth.