



ORACLE DOULA SERVICES

FULL CIRCLE DOULA FAMILY PLANNING
CANNABINOID & TERPENOID
INTEGRATION SERVICES

POST PARTUM PLAN

We offer specialized
holistic birth support
for families.

My Services Include:

Postpartum support is more than just showing up as a caregiver during some of the most tender times, but it is also about being a partial guide for integration after your gestational experience both on a physical, emotional & spiritual level. As your postpartum doula, my goal is to help provide nourishment to your body with warming meals, supply herbal support as well as lactation and latch assistance, and truly show up for you with whatever your needs may be to help ease the postpartum healing process.

My Postpartum Services are full-circle and tailored to fit your needs whether you are celebrating bringing in new life or grieving the loss of one.

-Megon Bee



Post-Partum Doula Care Services

Assistance with the first latch, if breast or chestfeeding. 3 postpartum visits to ease your transition into parenthood. Nine weeks of postpartum phone and email support. Physical, emotional, and informational support for your whole family.

Cannabinoid & Terpenoid Integration Pain Management

Guided plant based herbal solutions for pregnancy related symptoms including nausea, migraines, mood-swings, insomnia, aching muscles, joints, and inflammation. Dosing Tolerance Chart and product samples included with postpartum package.

Fertility Doula

For clients just beginning their conception journey, a fertility doula provides evidence-based information on tracking and charting fertility as well as holistic resources to support you along the way. Your fertility doula is nonjudgmental and always in your corner.

**24/7 on-call support services
from 37-42 weeks**

Standard Postpartum Package

Minimum 3 Postpartum Visits up to 3 months Postpartum
Postpartum Herbal Support

Organic & Botanical Pain Management Solutions

Chestfeeding/Breastfeeding Support

Unlimited online, phone & email support for up to 3 months postpartum
8 hours of overnight doula support (Two 4 hour shifts or one 8 hour shift valued at 30/hr)

Meal Planning & Grocery Shopping List Assistance

1 Perineum Steam after at least 4 weeks postpartum

Fresh produce and floral arrangements

**Having prenatal
& labor support is
not a luxury, it is
a necessity.**