



SERVICES AND PRICING

# Birth Doula Packages

## STANDARD

- 2 Prenatal visits
- Labor attendance & support
- One 90-min postpartum visit
- Regular text check-ins
- 24/7 on-call
- Birth photos as desired

\$1,600

## PREMIUM

- 3 Prenatal visits
- Labor attendance & support
- Two 90-min postpartum visits including 2 meals
- Regular text check-in
- 24/7 on-call
- Birth photos as desired
- Body Ready Method®  
Assessment

\$2,000