



*The  
Innate Mama*



Hello! I'm Marisa,  
I am here to make you feel  
supported, loved, nourished  
and like 'A Goddess' in your  
Postpartum.

THE INNATE MAMA

POSTPARTUM DOULA

# Welcome to Postpartum doula care with Marisa!

My name is Marisa, I'm a qualified Postpartum doula, Pregnancy/Postpartum Massage Therapist & Reiki Practitioner in Mornington. I am very passionate about looking after Newborn Mamas & Mamas to be.

I'm a fun loving Mama of 3 (2 Children & a fur baby), I have a big heart, I love cuddles, I enjoy having a laugh, I'm compassionate, I love crystals, candles & essential oils ( I may be a little bit of a hippy but not too much!) I also love being in nature, yoga & I chai lattes!

I'm extremely passionate about Birth, Postpartum & the transition into Motherhood.

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Often after childbirth the focus is all on the baby & the Mother is forgotten about but I'm here to change that.

The first 40 days can really shape how you feel and cope in the early days of Motherhood. Becoming a Mother is a massive transformation physically, mentally, emotionally & socially.

This change is called 'Matresence'

I would love to walk beside you & guide you through a postpartum where you will feel valued, nourished, nurtured, listened to & supported. Which will help guide you to trust your Motherly instincts & become the expert on your baby.

I will hold space for you (no matter what you are feeling) on the rollercoaster of emotions in Motherhood.

My Goal is for you to have a positive postpartum experience that will help you cope with the demands of becoming a Mama for the 1st or 4th time!



# Pre-natal planning catch-up:

This is where we meet in person or online to talk about/plan out your postpartum. Every Mama's needs are different, so we tailor a plan that suits your wants & needs that makes you feel most supported in Postpartum.

Some of things we will chat about:

- Boundaries / a plan for visitors & family members
- Preparing for your postpartum
- Any concerns or worries you may have
- Building your village ~ knowing who to call on
- Food preparation ~ what's on my delicious Menu
- The importance of rest & recovery time
- Things you can do that support your wellbeing
- Housework, realistic expectations
- Breastfeeding / bottle-feeding
- Postpartum recovery & food that supports you best
- Birth & any concerns you may have
- Any allergies I may need to consider
- I get to know more about you, your house & see how things work in your kitchen.

# Postpartum doula visits offers Support in the following ways:

- A full birth debrief
- Checking that your boundaries are being respected & that you are not self-silencing
- Breastfeeding/Bottle feeding support
- Settling tips for bubs (Calm & gentle techniques)
- Setting realistic expectations around baby sleep, partner support
- Mini massages, reiki, foot & herbal baths
- Managing fatigue & ways to calm the nervous system getting
- Allowing time for Mum to do something for herself.
- Supporting the Mother in her choices for her baby
- Help the Mother with the baby when required e.g. holding, bathing, changing and baby massage
- Allowing rest time for Mum to support her body's recovery from birth (not to mention her lack of sleep!)
- Prepare nourishing meals (nutritious meals are vital to support the body's recovery and help with milk production)
- Support for the siblings i.e. play with them or take them to the park
- light housework duties: Put out/ fold washing, put clean sheets on your bed, clean benches etc.

# Package 1 ~ Healing Mama

1 x Pre-natal planning visit

8 X 3 hour Post-natal visits within the first 12  
weeks

Text and voice messages in the first 12 weeks

4 x 60mins Postpartum massage

Yoni steaming

Closing of the bones ceremony

Foot baths, reiki & baby massage

**\$2080**

(payment plans available)

Optional extra: Postpartum gifts including nipple balm, breastfeeding tea, Herbal bath sitz and other things your body will love & support you in Postpartum healing

\$100

# Package 2 ~ Nourish Mama

1 Pre-natal planning visit

6 X 3 hour Post-natal visits within the first 12 weeks

Text and voice message in the first 12 weeks

Postpartum massages, foot baths, reiki & baby massage

Closing of the bones Ceremony

**\$1395**

(payment plans available)

optional extras:

Postpartum gifts including nipple balm, breastfeeding tea, Herbal bath sitz and other things your body will love & support you in Postpartum healing \$100



# Package 3 ~ Mini Mama

1 x Pre-natal planning visit

4 X 3 hour Post-natal visits within the first 12 weeks

Text and voice message in the first 12 weeks

Postpartum massages, foot baths & reiki, baby  
massage

**\$880**

(payment plans available)

Optional extras:

Postpartum gifts including nipple balm, breastfeeding tea, Herbal bath sitz  
and other things your body will love & support you in postpartum healing \$100

Closing of the bones ceremony \$90

*Are you ready to feel nourished & supported  
in Postpartum?*

I offer an online catch-up where you can ask any questions you may have, get to know me and see if I'll be the right fit for you.

For all packages a non-refundable deposit of \$150 is required to secure your booking. We can work out a payment plan or I can invoice you weekly to pay the balance.

Don't want to lock into a package?  
Ask me about my hourly rates.

Call, email or message me if you are ready to have a nourished, supported & positive postpartum!

With love, light & blessings, Marisa xx

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I'm based in Mornington & travel within a 30mins radius of Mornington.

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