

# BIRTH PACKAGES

## AYA

- ✓ **Two** antenatal sessions
- ✓ Support from active labour
- ✓ **Two** postpartum visits
- ✗ Virtual support after final postpartum visit
- ✓ Postpartum wrap guidance
- ✗ Free postpartum belly wrap
- ✗ Free Wave comb for labour
- ✗ Aromatherapy in labour
- ✗ Free birth stool rental
- ✗ Sound therapy for labour
- ✗ Post-p honouring ceremony
- ✓ Pay in 1 or 2 instalments
- ✗ Pay in up to 3 instalments

**£1,900**

### ADD-ONS

## SANKOFA

- ✓ **Two** antenatal sessions
- ✓ Support from active labour
- ✓ **Three** postpartum visits
- ✓ Virtual support until **two** weeks postpartum
- ✓ Postpartum wrap guidance
- ✗ Free postpartum belly wrap
- ✗ Free Wave comb for labour
- ✓ Aromatherapy in labour
- ✗ Free birth stool rental
- ✗ Sound therapy for labour
- ✗ Post-p honouring ceremony
- ✓ Pay in 1 or 2 instalments
- ✗ Pay in up to 3 instalments

**£2,100**

POSTPARTUM BELLY WRAP - £25

BIRTH STOOL RENTAL - £50

## DUAFAE

- ✓ **Two** antenatal sessions
- ✓ Support from active labour
- ✓ **Three** postpartum visits
- ✓ Virtual support until **two** weeks postpartum
- ✓ Postpartum wrap guidance
- ✗ Free postpartum belly wrap
- ✓ Free Wave comb for labour
- ✓ Aromatherapy in labour
- ✗ Free birth stool rental
- ✓ Sound therapy for labour
- OR Post-p honouring ceremony
- ✓ Pay in 1 or 2 instalments
- ✓ Pay in up to 3 instalments

**£2,300**

POSTPARTUM HONOURING CEREMONY - £120

SOUND THERAPY FOR LABOUR - £120

## GYE NYAME

- ✓ **Three** antenatal sessions
- ✓ Support from active labour
- ✓ **Four** postpartum visits
- ✓ Virtual support until **three** weeks postpartum
- ✓ Postpartum wrap guidance
- ✓ Free postpartum belly wrap
- ✓ Free Wave comb for labour
- ✓ Aromatherapy in labour
- ✓ Free birth stool rental
- ✓ Sound therapy for labour
- ✓ Post-p honouring ceremony
- ✓ Pay in 1 or 2 instalments
- ✓ Pay in up to 3 instalments

**£2,500**

# NICHE OFFERINGS

## SOUND THERAPY FOR LABOUR

I use singing bowls and drums to create tones and vibrations that are harmonious with your ideal birthing environment. The drums I use help to reduce the intensity of contractions and offer a focal point to access an altered state of consciousness. You are welcome to use them to create your own tones.

## FREE POSTPARTUM BELLY WRAP

Gye Nyame clients receive a free postpartum belly wrap. The gentle compression supports the body as it heals and may help the uterus to return to its pre-pregnancy size faster. Belly wraps also increase blood flow, help muscles to heal, and encourage good posture. You're advised to wear it for 4-6 weeks after delivery to make best use of the benefits.

## POSTPARTUM HONOURING CEREMONY

This is a women-only ceremony that takes place 30-40 days after you give birth. For around 2 hours, your loved ones and I will honour your transition into motherhood with physical and emotional gifts. Think of it as a relaxing postpartum celebration where the focus is on affirming you and showering you with love. The session starts with mirror work to build your confidence and begin to clear any suppressed negative emotions you may be feeling. I'll run you a healing bath with candles, herbs, and oils; and your loved ones will take turns to enter the room to share kind words with you. After this, we'll massage you with shea butter and oils, and wrap you up to lock in the love. The session ends with the sharing of food and jubilation in celebration of you.

## WAVE COMB FOR LABOUR

The Wave comb is an acupressure device for pain relief. Using the gate control theory, which states that your brain can only focus on a few sensations at the same time, it acts as a distraction for your brain so your body can adjust to the discomfort of labour. Please visit [www.thewavecomb.co.uk](http://www.thewavecomb.co.uk) for more.

## BIRTH STOOL

The Kaya Stool is designed to support the most natural and physiologically effective positioning throughout labour & delivery. For more please visit [www.kayabirth.com](http://www.kayabirth.com).