



Reclaim Wellness

DOULA & BIRTH SERVICES



Our Birth Philosophy

We believe that birth is a natural process and that a woman instinctively has the wisdom and strength required to labor and give birth. We believe that a woman benefits enormously by continuous support and encouragement to enable her to relax and trust the birthing process. A woman should be treated with respect and dignity and should always be informed about what's going on throughout her labor. As your doulas, we ensure that you have all the information you need ahead of time to make informed decisions regarding your labor and any associated risks. We support your choices, whatever they may be, and work hard to make your birth experience a positive and memorable one for you and your partner. We believe families can come in many forms and we support non-traditional LGBTQ families equally with non-judgmental love and support.

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Holistic Fertility Program: Customized holistic fertility program designed to work in conjunction with or as an alternative to medical treatment; that utilizes a *mind, body, and spirit* approach to achieving your pregnancy goals.

Labor & Postpartum Doula Services: A doula is a professional who is trained in childbirth and provides *continuous support* to a mother before, during, and just after birth. This support may come in the form of calm reassurance, information to assist the mother in making informed decisions, physical *comfort measures*, and self-empowerment. Postpartum Doulas provide support after the birth, typically in the home setting, to help ease the transition for the family.

HypnoBirthing Childbirth Education: The HypnoBirthing® program is built around an educational process that includes information about the process of birth and how, with education, birth does not have to be something you fear. You will also learn special *breathing, relaxation, visualization*, and self-hypnosis skills, nutrition, positive body toning and more.

Prenatal and Postnatal Massage Services: Massage therapy during and after pregnancy is a wonderful complementary choice for pre/postnatal care. It is a healthy way to *reduce stress* and *promote wellness*. Massage relieves many of the normal discomforts experienced during and after pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (or swelling).

Acupressure/Auricular Therapy (Ear Seeds): Non-invasive, chemical free relief from *nausea, migraines*, pain management, insomnia, anxiety, depression, and more.

Comfort Measures Workshop: Learn and practice techniques with your birthing companion which provide *natural pain relief* that can be very effective during labor and childbirth.

Infant CPR: Attend this one-time class to learn the proper techniques which explain the basics of first aid for choking and CPR for infants.

Postpartum Support Groups: Meet other moms, enjoy outings in a child-friendly environment. Get tips, tricks and help and know that *you are not alone* on this journey.

Placenta Encapsulation: Access quality, hygienic in-home or off-site placenta encapsulation services which can help support the mother's *physical and emotional well-being* postpartum.

Birth Photography: *Capture* the unmatched strength, beauty and authentic love displayed on your birth day regardless of how or where you give birth, your birth day will be one of the most transformative days of your life.



Meet the Owner

Melissa Marie Brice

Owner, Master Hypnotist,
HypnoBirthing Certified Educator,
Fertility Consultant & Doula

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