

# Postpartum Packages



## POSTPARTUM SANCTUARY

- 15 minute get to know me Zoom call
- 60 minute face-to-face meeting\*
- 2 x Postpartum Planning sessions during your pregnancy, to plan and prepare your personal postpartum sanctuary (2 x 1.5hrs)
- Meal Package (*Three dishes prepared in your home during a Postpartum Planning session. All ingredients provided.*)
- 8 home visits when baby arrives (min. 24hrs)

2500 CHF

## SIMPLY SUPPORT

- 15 minute get to know me Zoom call
- 60 minute face-to-face meeting\*
- 1 x Pre-birth Postpartum Planning session to plan for what you need and want, so that I can best support you. (1.5hrs)
- 6 home visits when baby arrives (min. 18hrs)

1800 CHF

## ADDITIONAL HOURS

If you have booked one of the above packages, additional hours can be booked at a rate of 80 CHF/hour.

If you would like to book significantly more time, then I can create a bespoke package for you.

All of the above prices include travel up to 25km from 5522. Additional mileage charged at 0.70 CHF/km.

Parking fees incurred during visits will be added to the final invoice.

\*If you decide not to book any further postpartum services, 50 CHF will be invoiced for the Face-to-Face meeting. Thank you for understanding.