

DAR A LUZ HOMEOPATHY



Women living in the sacred window of their birthing year are often more vulnerable mentally and emotionally. They may struggle with anxiety or weepiness, or experience an unexplainable range of emotions. They also may be physically uncomfortable, but unable to take medication for fear of harming their child. Homeopathy is a safe, gentle effective solution for women struggling with anything from nausea and vomiting as well as a wide range of emotional complaints. Homeopathy can also provide excellent support for prodromal or protracted labor, as well as many things that come up during the birthing process and postpartum, including postpartum depression/emotions, healing from labor, and issues with milk production. It is safe to take during pregnancy and will not harm your child or interfere with medications you may be taking.

PRICING

**DAR A LUZ HOMEOPATHY CONSULTATION:
FOR CHRONIC CASE: \$300
FOR ACUTE CASE: \$100**

ABOUT US

Flourish Wellness, LLC is committed to promoting healthy families through natural health care. Dar a Luz packages are our newest services that promote natural family living by supporting women during their birthing year. "Dar a Luz" is a Spanish phrase that means "giving to the light" or, traditionally, "to give birth."

It is our privilege and our honor to provide gentle massage, bodywork, and homeopathy during the year of your birth to help nurture, support, and bring you into balance so that you can have a rich, effective, wonderful, empowered birth and postpartum experience. It is our mission to help you have the type of experience during your birthing year that you can truly say was an experience of Dar a Luz, of "giving to the light."

For more informations or
to schedule an appointment,
please call Flourish Wellness

Elizabeth Moon
318-404-1834



FLOURISH BODYWORK FOR THE BIRTHING YEAR: DAR A LUZ

PROMOTING HEALTHY
FAMILIES THROUGH
NATURAL HEALTH CARE

Flourish Wellness

Flourish Wellness



THE BIRTHING YEAR

Your Pregnancy, Labor, Birth and Post partum period, also known as The Birthing Year, is a sacred window of time, one of the most special seasons in a woman's life.

A Mother To Be needs more nurturing and support during this time so that she can enjoy health, balance, and awareness, an empowered birth. Prenatal massage and gentle bodywork can relieve body pain and stress, relax, nurture and rejuvenate mothers to be, and help align baby for optimal, efficient labor and birth. It also helps mothers connect deeply with their babies in the womb, and provides an opportunity to discuss their feelings about their upcoming birth.

Monthly prenatal massage is recommended for those whose pregnancy is low risk, and is also a wonderful one time gift for a friend or family member.

PRICING

SINGLE ONE HOUR PRENATAL SESSION:
\$125

PRENATAL PACKAGE:
10 ONE HOUR SESSIONS
\$900

POSTPARTUM MASSAGE

The importance of Postpartum Massage and gentle bodywork is known throughout the world. Mothers who have just given birth are in an incredibly special, potent time in their lives.

Depending on their birth experience, they may feel physically and emotionally vulnerable and sensitive. This is an important time to nurture and support them with gentle massage and bodywork designed specifically of this special time. This can help them rest, relax, have some quiet healing time, and talk about their experience if they choose.

Postpartum massage is recommended twice weekly for six weeks, and is also a wonderful one time gift for a friend or family member.

PRICING

DAR A LUZ TEAM UP WITH JESSICA SLEDGE (YOGA, WELLNESS) AND BAILEY COOK (POSTPARTUM DOULA) PACKAGE:

ONE HOUR SESSION: \$100

SINGLE ONE HOUR POSTPARTUM SESSION: \$125

SINGLE ONE HOUR POSTPARTUM HOME VISIT SESSION: \$185

POSTPARTUM PACKAGE: 12 ONE HOUR SESSIONS:
\$1000

POSTPARTUM PACKAGE: 12 HOME VISIT SESSIONS:
\$1500



DAR A LUZ MASSAGE AND GENTLE BODYWORK FOR BABY

Pregnancy and the Birthing Process can also be a challenging time for babies. Challenges mothers experience during pregnancy and labor often transfer to babies, and birth can be an almost violent experience for some babies. They may have postural distortions, feel sore, or have tense or tight muscles or a distressed nervous system. We offer extremely gentle, and restorative, nurturing massage and bodywork to unwind and ease postural distortions and nervous system distress.

This allows the baby to relax into a healthy posture and get down to the business of enjoying their new life!

PRICING

SINGLE ONE HOUR BABY SESSION:
\$100

BIRTH BODY SERIES (6 WEEKLY SESSIONS RECOMMENDED FOR POSTURAL DISTORTION):
\$500