



Cocoon

Postpartum Care & Nourishment

www.isabella-diaz.com

I'm so glad you found me here ~ welcome to your nourishing postpartum cocoon.

My love for curating a soft space for mothers and their babes to land earthside comes from the wild ride of caring for my mother before she left this lifetime.

This experience revealed to me how intrinsically woven birth and death are ~ how the polarities of life can coexist, and why being held by community through these tender moments of life has a profound butterfly effect.

The third trimester is a space where the everyday of life slows and your rest and support becomes a priority. A nest where you and your babe's needs are nurtured and met.

In your postpartum cocoon, your nervous system will have space to land softly and regulate, your voice to be heard, and your body nourished with an intentionally curated menu.

A supported postpartum creates a butterfly effect. It nourishes relationships between loved ones, inspires community, and creates space for a babe to thrive. This concept can be seen in our everyday ~ we nurture mother nature, she nurtures us.

Through this guide you will find information surrounding my postpartum offerings ~ thank you for being here.





Flow

When space is created for a nourishing postpartum nest, a slow integration unfolds for mother, babe and family. Deep rest and full spectrum support allows for a soft landing through this rite of passage.

Foundations for your postpartum cocoon are curated through a prenatal session where we discuss where you are requiring support and how we can curate the sessions to your needs.

An insight into how you may be nurtured during your postpartum visits ~ visits range from 2.5 - 3 hours:

- Yoni steaming and sitz baths to aid in the healing of the perineum.
- I can snuggle your babe whilst if you rest, have a warm bath, or spend time going for a solo walk.
- I'll lightly tidy your home and freshen up your space (folding laundry, running the dishwasher).
- The option to purchase my meal package is available ~ I use fresh nourishing wholefoods that aid the body in healing.
- I'll brew us a tea whilst we debrief your birth.
- I can run light errands and assist you to appointments.
- A loving and safe space to be held and heard ♡
- Regular check ins on where further support and/or boundaries are needed.
- Support surrounding newborn bathing, feeding etc. - I can offer referrals in the circumstance you require further support.
- Help with any pets or older children ~ Please note that my services are not in replacement of a nanny.

Before your first session, we will meet for a free face-to-face 30 minute no-obligation chat. (I'm more than happy to meet via zoom if required). This allows us to get to know one another and answer any queries.

Offerings

Cocoon

x1 postpartum visit

\$250

Nest

4 weeks
x1 prenatal visit
x1 visit p/week

\$1200

Chrysalis

6 weeks
x2 prenatal visits
x1 visit p/week

\$1760

To deepen your postpartum nourishment, I offer a meal package available to add to any visit.

This menu is designed to be deeply nourishing, and provide sustenance for you and your family. Please let me know if you'd like other options to suit any dietary requirements and I will happily adjust accordingly.

Main

Lamb or Beef Ragù
Ayurvedic Vegetable Dahl
Ginger & Chicken Coconut Soup

select x1 meal - one meal contains x6 servings

Snack

Spelt Banana Bread
Lactation Brownies or Cookies
Medjool Date Power Balls
Peanut Butter Honey Rice Treats

select x2 snacks - each snack is 20 pieces

Elixir

Chicken Bone Broth
Beef Bone Broth
Plant Broth

select x1 broth - 1.25 litre serving

\$250

can be purchased separately as a meal drop

How To Book

Please use the booking link on my website to book your postpartum session with me - please note any essential details about your session (date/period of care, location etc.).

After receiving your enquiry, I'll organise a free non-obligation chat with you, as well as send through your postpartum questionnaire ~ this allows me to provide the best care and support for you and your family.

Please note ~ I require full payment prior to the date of your meal delivery and/or postpartum session/s ~ payment plans are available.

