



PRICE LIST FOR SEA-TAC WA

Labor/Birth Only \$1,575

Full Birth Support \$2,600

Postpartum-
Daytime \$55/Hr.

Postpartum-
Overtime \$65/Hr.

Lactation Session \$150

Partner Guidance
Session \$125

www.gentlelovedoula.com



WHAT IS INCLUDED WITH EACH SERVICE?



Full Birth Support: \$2,600		Labor-Birth Only Support: \$1,575	
Prenatal Visits (3 Visits): We'll have three comprehensive prenatal visits. These sessions cover birth preparation, comfort measures, coping strategies, and any specific concerns you may have.		Prenatal Visits (1 Visit): During the prenatal visit, we'll discuss your birth preferences, answer any questions you have, and create a personalized birth plan. This visit helps us get to know each other better and ensures that I understand your unique needs.	
Postnatal Visit (1 Visit): Similar to the labor-birth only package, I'll visit you after birth to provide support and address any postpartum needs.		Postnatal Visit (1 Visit): After the birth, I'll visit you to provide emotional support, answer questions about postpartum recovery, and assist with any breastfeeding or newborn care concerns.	
Birth Plan Template and Guidance: Together, we'll create a detailed birth plan that reflects your preferences. I'll guide you through the process and ensure your wishes are communicated effectively.		On-Call Support (Starting at 38 Weeks): From 38 weeks onward, I'll be available 24/7 to support you during labor. Whether you need advice over the phone or in-person assistance, I'll be there.	
On-Call Support (Starting at 38 Weeks): As with the previous package, I'll be on-call from 38 weeks onward, ready to assist you during labor.		Unlimited Phone/Text Support: Throughout your pregnancy and early labor, you can reach out to me anytime via phone or text. I'll provide guidance, reassurance, and encouragement.	
Unlimited Phone/Text Support (Throughout Pregnancy and Up to 4 Weeks Postpartum): You can reach out to me anytime during your entire pregnancy journey. I'll be there to listen, provide information, and offer encouragement.		Post-Birth Support (Up to 2 Hours): After your baby arrives, I'll stay with you for up to 2 hours. I'll help with initial breastfeeding, offer emotional support, and ensure you're comfortable.	
<div>Choose One Additional Session:</div>			
Partner Guidance: I'll involve your partner in the birth process, providing tips and techniques for their supportive role.			
Lactation Support: A dedicated session to address breastfeeding challenges and ensure a successful start.			
Birth Debrief: After birth, we'll discuss your experience, emotions, and any questions you may have.			





Payment Options



Full Birth Support Only: Payment Plan:

Pay the retainer upfront (\$650).

Choose between 3 installments (\$650) or 5 installments (\$390).

All payments must be completed by 36 weeks.

Labor Only- Payment Plan:

Pay Retainer (\$650) Due upfront and non refundable

pay remaining balance in two (2) installments of \$462.50 each

all payments must be completed by 36 weeks.

Sliding Scale:

Let's discuss your budget.

We may have availability to work within your set budget.

Insurance:

We do not bill insurances directly.

Accept FSA/HSA payments.

Check with your insurance provider about doula coverage and HSA/FSA debit card options.

Reimbursement option: We provide an itemized invoice for private reimbursement after paying in full.

Gift Cards:

Add gift cards to your registry for celebrations.

Friends and family can contribute to pay for our services.

After pay:

Learn more about how it works here.

<https://www.afterpay.com/en-US/how-it-works>

Feel free to reach out to schedule a consultation and discuss your options!





PRICE LIST FOR VIRTUAL SERVICES

Partner Guidance \$85

Trauma & Emotional Healing
Through Guided Meditation \$175

Birth Processing
Session \$55/Hr.

Birth Planing
Session \$55/hr

Lactation Session \$85

Big Sister
Mentorship \$55/hr.

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Virtual Services



Lactation Support session: \$85 per session but we also welcome "Pay What You Can" contributions.

Each session is up to an hour

Partner Guidance Session : \$85 per session

Trauma/Emotional Healing through guided meditation:

A 2-hour session is \$175, but we also welcome "Pay What You Can" contributions.

Birth Planning Session : 1-2 hours per session, Birth template: \$55/hr.

Birth Processing Session: \$55

Big Sister Doula Mentorship Program -

\$55/per session

Each session is up to 1 hour

Package 1: Nurturing Beginnings Package - \$200

- 4 sessions per month
- Unlimited Chat Support
- Basic Business Strategies and Resources

Package 2: Heartfelt Growth Mentorship Package - \$400

- 8 sessions per month
- Unlimited Monthly Chat Support
- On call for support for your time with birth clients.

Package 3: Radiant Mastery Package - \$600

- 12 sessions per month
- Unlimited Chat Support
- Customized Business Planning and Growth Strategies
- Peer Networking Opportunities

