

Hannah Louise

DOULA MENU

PREGNANCY-

Birth Planning Session

A guided planning session for writing your birth plan.

your birth plan. 1 hour + self study

120 chf | ONLINE



Guided Relaxation

Finding it hard to switch off? let me helo you relax mind and body using hypnobirthing and aromatherapy to leave you feeling balanced and calm. 2 hours

200 chf | IN PERSON

Baby shower or gender (

Let me help you plan and host the most amazing celebration to honour your pregnancy and becoming a mother. whether you host at home or a venue, large or small, i can help take the hassle out of arranging the perfect event.

90 chf by the hour | IN PERSON

Little Extras:

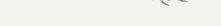
PACKAGES

My packages are a great way to take advantage of the range of services listed above. Each package is different and tailored to your needs - for more details see our website for a more in depth description of what you can expect.



The Pregnancy Package includes 12 hours of

Birth



irth

The Birth Package includes

Hypnobirthing Intro

Not sure what it is, or if its for you? then this is the session for you. You will learn about the principles and techniques you can use to have a calmer more comfortable birth. 3 hours

250 chf | ONLINE

BIRTH

Hypnobirthing full monty

The full KGhypnobirthing course taught over 2 or 3 sessions. This comprehensive course equips you with a range of tools and strategies to allow you to go into your birth experience calm, informed and empowered. 10 hours

995 chf | IN PERSON



Where to birth in Zürich

Get to know your options for birth in Zürich, be it a hospital, geburtshaus or home birth. This session will leave you feeling armed with the knowledge you need to make the right choice for you. 2 hours

180 chf | ONLINE



POSTPARTUM

Post partum Plan session

A guided planning session the postnatal period (ususally done before the birth) 1 hour + self study

120 chf | ONLINE



Nursery & PP Sanctuary session

Let me help you prepare for your homecoming with baby and create a postpartum sanctuary. Whether its creative space ideas to accommodate your growing family, a thorough declutter or planning meals and menus to help you get through the first few weeks, this is a session that can be tailored to your needs 3 hours

250 chf | IN PERSON



Overnight Doula Care

10 hours of overnight respite care to allow you to rest and recharge. wake up rested to a delicious breakfast and start your day with a spring in your step.

695 chf | IN PERSON



Pregnancy

Mentoring over 4 sessions plus text, call & email support. 1200chf

> The Post Partum package includes, 12 hrs of Mentoring over 4- 6 sessions,plus text, email and phone support 1200 chf

2 prenatal & 1 Postnatal visit. 24 hr availability 2 weeks before birth and until baby is born 1400 chf +travel and expenses

Want to know more or read some feedback from parents?

then check out the website or drop me a line

"Hannah just get's it, she's a great person to have with you on your journey into parenthood" Happy parents 2024



Doula services by Hannah Louise Maternity Mentor

Post partum



Hannah Louise Maternity Mentor

English speaking Doula & Maternity Mentor in Zurich