

- B O R N T O B E L O V E D -

 *Natural Childbirth*

## **Postpartum Extras**

### **Postpartum Recovery**

#### **Vaginal Steaming:**

- **Raquel Lemus**

<https://raquellemus.com/services/#steaming>

- **Cinnamon Buckley**

<https://www.imanidoulasvcs.com/about-1>

- **Steamy Chick**

<https://www.steamychick.com/>

- **Yoni Care Kit for Postpartum Recovery**

<http://thebirthcoop.com/classes/>

\$150

## **Benkung Belly Binding:**

- **Daisy Hamory**

<https://www.monarcabirth.com/copy-2-of-services>

## **Birth Photographers**

- **Tessa Benz**

[www.truemotherhood.com](http://www.truemotherhood.com)

@tessareyesbenz

- **Diana**

(310) 927-8521

@artshapedphotography

[www.ArtShapedPhotography.com](http://www.ArtShapedPhotography.com)

- **Stacey Blackwell**

Modern LA Doula

@modernladoula

## **Placenta Encapsulators**

- **Julia Underwood**

(626) 216-8665

<http://www.littleblessingsdoula.com/>

- **Cinnamon Buckley**

(310) 227-1092

<https://www.imanidoulasvcs.com/>

- **Anja Akhile**

<https://www.anjaakhile.com/>

- **Darian Lopez**

<https://www.kindkindoula.com/>

kindkindoula@gmail.com

- **Mychal Shifrah**

<https://www.doulamychal.com/placenta-services>