



Ilumina Vida Pregnancy Services

I am a Trained Birth and Postpartum Doula with experience in the Child Day Care Centre. Besides that I have a MSc in Psychology and deeper experience and schooling in Bodywork and Relaxation Techniques. I am passionate about caring, wellness, babies and new mothers. I combine massage with counselling and care. You can hire me for service packages or single services if you need specific care. I don't give medical advice, I do give supportive and preventive services.

*You can plan a free 15 min phone intake to see if we are a good match or you can email me if you have any questions (shehnaaz.era@gmail.com). A Separate Intake for any of the services is: **\$55 for 60 min.***

Natural Fertility



I offer services that are natural, using food, herbs and massage, to heighten the chance of getting pregnant. The methods are non invasive, however there is not a 100% chance that you will get pregnant immediately. It doesn't hurt to try it the natural way before going into more drastic measures. For the Natural Fertility Support I use my knowledge about food, herbs, supplements, massage, healing and Ayurveda.

- 1 Intake of 60 min
 - 1 Body Measurement with over 30 parameters based on Quantum Magnetic Resonance
 - 7 Follow Up Sessions of 30 min, once a week
 - 8 Fertility Massages of 30 min, once a week
 - Advice for herbs, supplements and foods
 - Rite of the Womb Ritual Healing
- \$900**





Pregnancy Doula



A Pregnancy Doula supports the mother in a more extensive way before Birth, mostly by physical, emotional, informative and environmental support. Every Doula offers different kinds of services. As I'm also trained as an esthetician and bodyworker, I also offer physical support, next to light housekeeping.

Silver	Gold	Diamond
-1 Intake -2 Prenatal Counselling of 1 hr -2 Pregnancy Massages of 1 hr -1 hr p/w for 1 month: cleaning -1 Postpartum Visit -24/7 email support	-1 Intake -2 Prenatal Counselling of 1 hr -3 Pregnancy Massages of 1 hr -2 hr p/w for 1 month: groceries, cleaning -1 Postpartum Visit -24/7 email support	-1 Intake -3 Prenatal Counselling of 1 hr -5 Pregnancy Massages of 1 hr -3 hr p/w for 1 month: groceries, cleaning, cooking, laundry (washing/drying) -1 Postpartum Visit -24/7 email support
\$750	\$1200	\$1500





Birth Doula



A Birth Doula supports during the crucial moments just before, during and after the birth. Support exists out of physical, emotional and informative support. As a Birth Doula you are 24/7 on call from 38 weeks and up.

Silver <ul style="list-style-type: none">-1 Intake-Birth, max of 10 hr-1 Postpartum Visit of 1 hr-24/7 email support-24/7 on call support from week 38 \$450	Gold <ul style="list-style-type: none">-1 Intake-2 Prenatal Visit of 1 hr-Birth, max of 10 hr-1 Postpartum Visit-1 Postpartum Counselling-24/7 email support-24/7 on call support from week 38 \$1000	Diamond <ul style="list-style-type: none">-1 Intake-3 Prenatal Counselling Sessions of 1 hr-Birth, max of 10 hr-1 Postpartum Visit-3 Postpartum Counselling-24/7 email support-24/7 on call support from week 38 \$1200
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Postpartum Doula



A Postpartum Doula is someone that helps with supporting emotionally, informatively, and physically after the pregnancy. It differs per Doula what postpartum services they offer.

Bronze	Silver	Gold	Diamond
<ul style="list-style-type: none"> -1 Intake -1 Postpartum Visit of 1 hr -2 Massages of 20 min -help with breastfeeding -supporting parenting style -24/7 email support 	<ul style="list-style-type: none"> -1 Intake -1 Postpartum Visit of 1 hr -1 Postpartum Counselling -3 Massages of 20 min -1 hr p/w for 1 month -cleaning -help with breastfeeding -supporting parenting style -24/7 email support 	<ul style="list-style-type: none"> -1 Intake -1 Postpartum Visit -3 Postpartum Counselling of 1 hr -3 Massages of 30 min -2 hr p/w for 1 month -groceries, cleaning -help with breastfeeding -supporting parenting style -24/7 email support 	<ul style="list-style-type: none"> -1 Intake -1 Postpartum Visit -5 Postpartum Counselling of 1 hr -4 Massages of 30 min -3 hr p/w for 1 month -groceries, cleaning, cooking, laundry (washing/drying) -help with breastfeeding -supporting parenting style -24/7 email support
\$600	\$700	\$1500	\$1700

Aesthetics

- Manicure
- Pedicure
- Facial
- Massage

<https://shehnaazera.wixsite.com/massagebeauty>





Other Services

- Hypnotic Birthing
- Henna Belly Blessing Pregnancy
- Newborn Horoscope
- Babysitting or caring for other children
- *Ask for the possibilities, flexible arrangements

*Extra hours next to the packages are:

- \$45 p/h** for light housekeeping
- Pregnancy Massage: **\$70 for 60 min**
- Postnatal Massage: **\$55 for 30 min**
- Counselling: **\$90 for p/h**
- Visit within Vancouver: **+ \$50**

Locations

- Counselling (Prenatal and Postpartum) and Massages (Prenatal and Postpartum) are given in Kitsilano on W Broadway or at the Jericho Integrated Clinic.
- Counselling (Prenatal and Postpartum) can also happen Online, through Email or through Phone.

If you are interested in any other services, feel free to contact me and we'll discuss the possibilities.

Contact information

Shehnaaz Elahi, Holistic Counsellor, Esthetician and Bodyworker

shehnaaz.era@gmail.com

778 - 767 2709

Kitsilano, Vancouver BC

www.shehnaazwellness.com

www.iluminavida.com

<https://shehnaazera.wixsite.com/massagebeauty>





Agreement

Date: _____

Dear _____

During the intake you have the opportunity to ask questions and arrange your personal package with the services you would like in your package. A package is discounted compared to the prices a separate service would cost. Once the package is agreed upon, you can sign the agreement, which is binding. Payment should be made upfront.

After the payment is done and the agreement is made, there is no cancellation possible, because of the scheduling of appointments. If you want to cancel, there is no refund. For this reason it is important to think upfront which services you need and want. During the intake we agree on the services.

Due to the great amount of personal attention and the extensiveness of the packages I can only take a limited amount of clients at a time. If you want to have more services during the contracting period, you can add services during the traject, as long as fitted in the schedule.

If you have specific needs or questions, feel free to share it with me, so I can adjust to your specific needs. ***I want you to be satisfied and have a healthy and happy pregnancy and new mother experience.***

If you have any questions about other services or services that I don't provide, I might refer you to other professionals in the field.

Date: _____

Client

Doula: Shehnaaz E

Vancouver BC

shehnaaz.era@gmail.com

778 - 767 2709

