



Giving the new mother the traditional support she needs after child-birth

Herbal Bath

Rebozo: Closing of Bones

Foot Massage







6-Week

Plan for

your Care







Chakra Cleansing & Balance



Free Consultation



Micaela López 503 · 841 · 0102 SoulLightDoula@gmail.com In Latin America "Cuarentena" extends for 40 days after birth. These traditional methods help the new mother recover, rejuvenate, and nurture the infant.