Aura
birth and wellness







2027

Services and Pricing Guide

WWW.AURABIRTHANDWELLNESS.COM

TABLE OF CONTENTS

02 *Mission Statement*

03 *Meet Auriel*

05 *The Doula Difference*

07 *Testimonials*

08 *Fertility Coaching*

10 *Birth Doula Support*

13 *Postpartum Care*

16 *Placenta Preservation*

20 *Classes*

26 *How to Book Your Care Package*

27 *Financial Info*

29 *Contact Me*







CONGRATULATIONS!

YOU'RE ONE STEP CLOSER TO YOUR VISION BOARD BIRTH

Mission

Aura Birth and Wellness exists to offer an elevated standard of care designed to honor the mind, body, and spirit in equal measure through every step of your journey.

My mission is to redefine the experience of perinatal care by offering a sanctuary of spiritually guided, personalized support for women and families navigating life's most transformative seasons. Whether you're preparing to conceive, anticipating your baby's arrival, or seeking restorative postpartum care, Aura is your haven for tailored, holistic wellness.

Aura offers supportive services designed to deepen your wisdom, elevate your spirit, and nurture your well-being. I believe that every woman deserves to feel seen, nurtured, and empowered throughout her journey and I am deeply committed to providing a level of care that blends modern expertise with timeless, holistic practices.

Aura Birth and Wellness stands as a beacon of excellence and compassion, elevating the standard of perinatal and postpartum care while honoring the individuality of each woman.



meet the doula

HUMAN DESIGN
MANIFESTING GENERATOR,
3/5 THE GREAT LIFE EXPERIMENTER

ASTROLOGY
CAPRICORN SUN
GEMINI MOON
TAURUS RISING

Hi, I'm Auriel!

WWW.AURABIRTHANDWELLNESS.COM

I'm the founder of Aura and hopefully, your future doula!

Aside from working as a full spectrum doula and womb healing practitioner, I am a mother to two beautiful boys and several pets including two cats, a Cuban false chameleon, and a tank of various fish. When I'm not working I enjoy reading the latest mystery novel, gardening, and building miniatures. I've lived in lots of places so far but right now, I'm really enjoying Colorado and all of its beautiful scenery; I'm truly a sucker for a camping spot with a good view!

Past clients have shared that I bring a grounded and humorous bestie vibe to the birth space and they feel I'm a part of their family (and most have become my real life friends).

I believe in being fully transparent! You can find my official resume along with my training and certifications, insurance, and my clear background check here:
https://drive.google.com/drive/folders/1kMuSFnsDwaXnAbkGam3osHVgofmnCI1B?usp=drive_link

LET'S BE FRIENDS!

@AURA.BIRTHANDWELLNESS @ATMYMOTHERSALTAR



“The portals we access through our womb’s work are filled with deep waters of potential that can carry us down many pathways. When we are brave enough to tap into our innate inner wisdom and set sail on those waves, we can birth anything.”





THE DOULA DIFFERENCE

Imagine, walking into your birth knowing that you were fully supported and completely empowered. You feel a sense of joyful calm wash over you as you prepare to meet your sweet new baby. All you have to focus on is your next breath. Comforting hands offering reassurance, gentle massage, and sips of cool water in between the surges that are bringing your baby to you. Regardless of how this birth unfolds, you feel confident knowing that all of the preparation you've done in the previous months have armed you with the know-how to navigate any challenge that comes your way.
Time stands still as you bring your soft baby to your chest and look into their eyes. You did it!

A doula is a trained professional who offers physical, emotional, and educational support during the perinatal period.
Their skills range from fertility to postpartum and can include infant loss and bereavement.

This is the doula difference.

You can read all the books, take all the classes, and prep your partner to do hours of hip squeezes, but there is something inherently luxurious about having your own VIP birth guru by your side. Someone that helps you make sense of all your options and who supports you no matter what you choose. Someone who quietly cheers you on when labor gets challenging. Someone who brings you warm stew and fresh bread while you gaze at your precious newborn. Someone who checks in and makes sure you're integrating your experience days, weeks, and months after it's all done. Someone who believes in your ability to birth and takes every opportunity to empower you in your new identity as mother.

Read the evidence here:
https://pmc.ncbi.nlm.nih.gov/articles/PMC10292163/



53%

LESS LIKELY TO NEED A CESAREAN SECTION

29%

LESS LIKELY TO EXPERIENCE PRETERM BIRTH

65%

LESS LIKELY TO EXPERIENCE POSTPARTUM DEPRESSION/ANXIETY

89%

MORE LIKELY TO BREASTFEED SUCCESSFULLY PAST 6 WEEKS

CLIENT LOVE NOTES

testimonials



Sarah C. said...

Auriel was a 5-start doula! She was SO helpful for me and my husband in answering our questions and being a sounding board when we weren't sure how things would go with labor and delivery. She remained calm and composed and gave off the exact energy we needed to feel supported as we brought our first child into the world. I highly recommend Auriel! She advocated for us, answered all our questions in an unlimited nature and was so helpful as well during the early weeks of postpartum.

Hadley M. said...

I felt so supported by Auriel during my pregnancy, in preparing for the birth, during labor, and after baby was born. I cannot express my gratitude enough for the ways Auriel made me feel heard, seen, and understood. Having previous birth trauma and childhood abuse, I had a lot of anxiety coming up to the birth of my second child. I found Auriel when searching for a doula who recognized and integrated spirituality into the pregnancy and birth experience. Also, Auriel's own pregnancy and birth story inspired me. I first had a womb healing session with Auriel and, with her guidance and compassionate presence, I was able to reconnect with my child self. From that moment, I knew I could trust Auriel as my doula. She honored the sacredness of my journey and empowered me to birth and was so kind in the ways she processed with me and my partner after the birth. I would highly recommend Auriel to anyone seeking healing or a doula who integrates birth and spirituality.





FERTILITY COACHING

doula support packages

A 6 month container curated to help you understand your unique fertility frequency on a spiritual, mental, and physical level.

FERTILITY COACHING

key package benefits



YOUR INVESTMENT

$1,200

Tailored fertility coaching to support your unique journey.

PERSONALIZED CARE PLAN

We'll thoroughly discuss your health history, break down lab results, clarify your goals, and dive into your subconscious programming to build a **comprehensive care plan that supports you body, mind, and soul.**

NEURAL-ENERGETIC WOMB HEALING

3 hypnotic, Reiki infused, healing sessions thoughtfully designed to help you understand the energetic health of your womb space, connect with your spirit baby, and reconcile with the past experiences and limiting beliefs that may be contributing to any health challenges.

SUBCONSCIOUS REPROGRAMMING

3 systematic subconscious reprogramming sessions that include modalities like NLP, EFT, and Hypnosis to help you unravel any confusing limiting beliefs and align with the version of you that is ready to receive your desired outcome.

MONTHLY HEALTH CHECK INS

Track your hormonal cycle, break down labs and blood tests with **private monthly meetings** to get the full picture of your health and **keep your care plan up to date.**

CUSTOM RESOURCES

Enjoy **custom hypnosis audios, EFT tapping videos, and journals** made specially for you to anchor in your unique goals, spirit baby messages, and womb readings.

FERTILITY MASTERCLASS

Enjoy free access to my **5 week masterclass**, The Fertility Frequency.



BIRTH SUPPORT

doula support packages

Shift limiting beliefs, build confidence, and curate your vision board birth with 1:1 support and built in childbirth education.

BIRTH SUPPORT

Signature Psychic Doula Package



YOUR INVESTMENT

$2,000

All inclusive doula support and childbirth education.

UNLIMITED LABOR SUPPORT

Professional, hands on support throughout your entire birth experience—**without time restrictions or hidden fees.**

PRENATAL PLANNING AND BIRTH PREPARATION

4 private prenatal sessions to receive guidance and assistance in preparing your birth plan, learn comfort measures and breathing techniques, and explore your subconscious so you feel confident and prepared for your birthing day.

NURTURING POSTPARTUM CARE

2 complimentary postpartum visits to enjoy a warm meal, process your birth, get lactation and newborn assistance, and receive restorative womb care post birth.

NEURAL-ENERGETIC WOMB HEALING

Melt into your birth vision with **3 unique healing sessions**. Prenatal Fear Reprogramming Hypnosis, Postpartum Birth Story Healing, and Womb Reiki + Belly Binding.

COMPREHENSIVE CHILDBIRTH EDUCATION

Join my **7 week, hybrid, comprehensive childbirth class, The Quantum Birth Blueprint**

VIP RESOURCE LIBRARY & RENTALS

Enjoy **complimentary membership to Motherboard Birth** and access a **private resource library** full of journals, checklists, pro-tips, and product recommendations. Plus, check out books from my personal library and get **free birth equipment rentals**.

BIRTH SUPPORT

Basic Birth Doula Package



YOUR INVESTMENT

$1,500

Basic birth doula support and education.

UNLIMITED LABOR SUPPORT

Professional, hands on support throughout your entire birth experience—**without time restrictions or hidden fees.**

PRENATAL PLANNING AND BIRTH PREPARATION

2 private prenatal sessions to receive guidance and assistance in preparing your birth plan, learn comfort measures and breathing techniques, and explore your subconscious so you feel confident and prepared for your birthing day.

NURTURING POSTPARTUM CARE

1 complimentary postpartum visit to enjoy a warm meal, process your birth, get lactation and newborn assistance, and receive restorative womb care post birth.

CHILDBIRTH EDUCATION

Take **any supplemental, mini class** of your choosing online or in person to help refresh your knowledge or fill in any gaps from last time.

COMLPIMENTARY ACCESS TO MOTHERBOARD

Enjoy **one full year of free access** to Motherboard, a visual birth planning app full of evidence based research on the topics that matter most.

VIP RESOURCE LIBRARY & RENTALS

Access a **private resource library** full of books, journal prompts, checklists, pro-tips, product recommendations. Plus, check out books from my personal library and get **free birth equipment rentals.**



POSTPARTUM CARE

support packages

A series of in-home, pampering postpartum sessions designed to help you integrate your birth experience and nourish your postpartum journey.

PAMPERED POSTPARTUM

key package benefits



YOUR INVESTMENT

$800

A full month of restorative postpartum care.

COMPLIMENTARY PRENATAL PLANNING

A **comprehensive planning session** designed to help lay out postpartum expectations, goals, and task division before baby's arrival.

WEEKLY HANDS ON HEALING SESSIONS

Enjoy **4 private, in home, healing sessions** that include feather touch reiki for mom and baby, warm oil womb massage, and belly binding.

BIRTH STORY HEALING

Each **weekly** visit includes my signature offering - Postpartum Birth Story Rewiring - a **hypnotic NLP healing** session to help you integrate your story.

LACTATION AND FEEDING SUPPORT

Receive **guidance on breastfeeding and lactation at each visit** as needed to ensure nourishing your newborn is as easy as possible.

HEALING TEAS AND MEAL PREP

Each visit will begin with a **specially blended herbal tea** made uniquely for your personal healing journey.
Ayurvedic meal prep can be added on for an extra cost.

LIGHT HOUSEKEEPING & LAUNDRY ASSISTANCE

Light housekeeping and laundry assistance are built into our time together to ensure that you can **focus on bonding with your baby and healing post birth** instead of tackling housework.

HOURLY POSTPARTUM
extra support options

Day Time Support



You know how it goes, feed the baby, burp the baby wash the pump parts, change the baby, rock the baby, and by the time you're ready to tend to yourself, the baby needs to be fed again.

Get an extra set of hands for the day!

Let me do the washing, cooking, cleaning, burping, and rocking so you can focus on getting some much needed rest.

$160

($40/Hour - 4 Hour minimum)

Overnight Support



8 hours of uninterrupted sleep?

You bet, with fresh laundry, clean bottles/pump parts, and a happy baby too!

*One complimentary prenatal visit to understand your postpartum plan.

$400

($50/Hour - 8 Hour minimum)



PLACENTA PRESERVATION

art and encapsulation

Your body grew your placenta just for your baby, that miracle deserves to be honored. Choose to make keepsake items of your placenta or encapsulate it for consumption.

PLACENTA PREPARATION

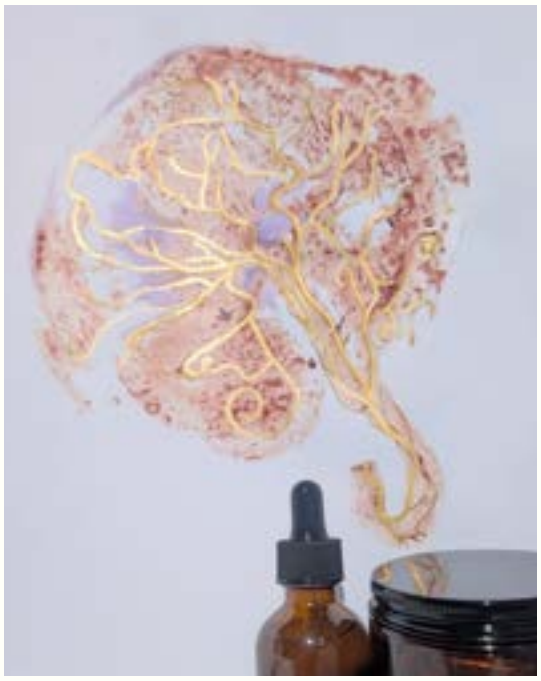


Traditional Chinese Medicine practitioners and herbalists have utilized the placenta as a healing remedy for thousands of years. Studies have shown that the placenta is extremely nutrient rich, high in iron, protein, vitamins and minerals, as well as your own natural hormones. Consumption of the placenta has been thought to help regulate hormones, balance mood, and increase milk supply.

Placenta Encapsulation (Raw or TCM method)	$150
Frozen, Raw Placenta Cubes (For cooking or smoothies) *Available as an add on only	$10
Placenta Tincture (2 oz) *Available as an add on only	$25

**All placenta services come with a free umbilical cord heart keepsake and one pure natural placenta print*

PLACENTA KEEPSAKES



Ingesting your placenta isn't for everyone and if it's not for you, no worries
Why not plant your placenta under a tree or turn it into art instead?

Yes! If you've chosen to encapsulate, you can still select keepsake items!

Powdered Plant Fertilizer Mixed with organic potting soil		$50
Placenta Print *Price varies based on art style	starting at	$15
Amniotic Sac or Umbilical Art *Price varies based on art style	starting at	$20

**All placenta services come with a free umbilical cord heart keepsake and one pure natural placenta print*

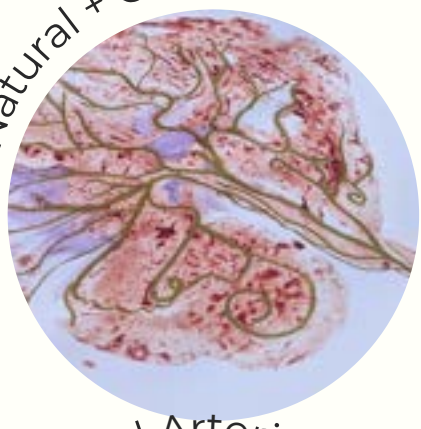
PLACENTA KEEPSAKES

artistic options

Pure Natural



Natural + Color



Natural + Color Plus



pure Color - Silver Arteries



Pure Color - Gold Arteries



Print + Sketch



Print + Pressed Flowers



Framed Amnion Moon



Inlaid Amnio Suncatcher





CLASSES

comprehensive education

Online and in person classes to meet all your needs.

CHILDBIRTH CLASSES

comprehensive classes

THE QUANTUM BIRTH BLUEPRINT $500

This 7 week, comprehensive childbirth course covers everything you need to know about pregnancy, birth, partner support, newborn care and feeding, and postpartum from a quantum mechanic, spiritual lense. This class includes elements of Hypnobirthing and 2 online bonus Reiki modules for you and your newborn.

FERTILITY FREQUENCY MASTERCLASS $200

Understand your unique fertility frequency from a holistic mind, body, spirit perspective in this in depth, self led, online masterclass.

HYPNOBIRTHING (MONGAN METHOD) $300

Learn how to use the power of your mind to reach a flow state that allows you to have an intentional and peaceful birth experience in this 5 week long class.

CHILDBIRTH CLASSES

mini classes & refreshers

SURRENDER - COMFORT MEASURES MINI CLASS $50

Learn how the body really works to communicate with your during birth and deepen your understanding of natural comfort measures to help you surrender to that communication. (3 Hours)

NOURISH - INFANT FEEDING MINI CLASS $50

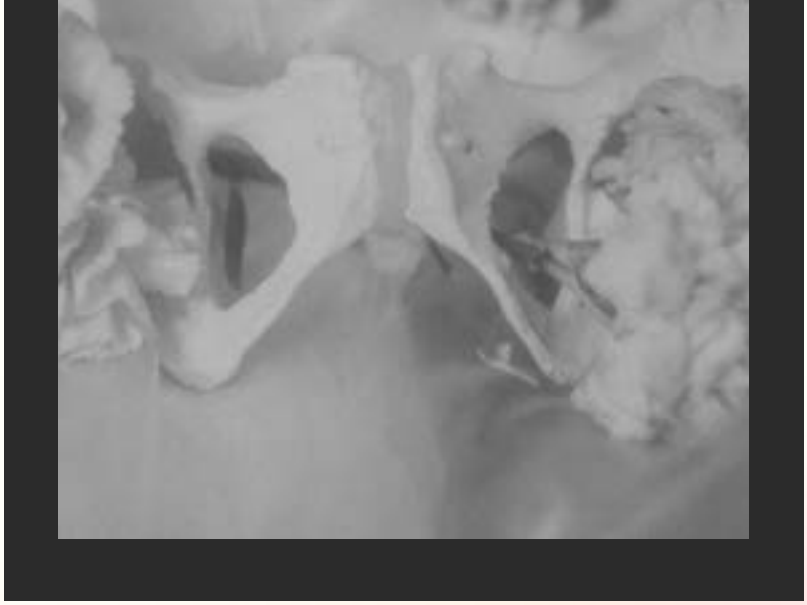
Understand your newborn's hunger cues and learn the ins and outs of feeding from the breast, bottle, or a combination of both. (2 Hours)

NURTURE - NEWBORN CARE MINI CLASS $50

Understand your newborn's cues and learn the basics of bathing, sleeping, tummy time, and more. Great for partners, grandparents, and older siblings. (2 Hours)

FLOURISH - POSTPARTUM PREPAREDNESS MINI CLASS $50

Set realistic expectations for postpartum healing including vaginal care, breast care, emotional support, and balancing your self care with the needs of your newborn. (2 Hours)



READY TO GET STARTED?



WHAT'S NEXT

reserve your due date

01

Alignment Call

Scheduling a virtual alignment call is the first step towards starting care. This meet and greet helps me understand your needs and gives you an opportunity to ask any questions you may have.

02

Sign Your Contract

After our alignment call, you'll receive your contract and invoice for your retainer. If you'd like to book care with me, please make sure to take care of these items as soon as possible to reserve your due date on my calendar. These documents expire 72 hours after receipt.

03

Access Your Resources

You'll receive information about how to access various resources including Motherboard Birth App, your VIP resource library, your private client portal, and our schedule of upcoming childbirth classes. These resources will help you prepare for our prenatal visits so please make sure to utilize them.

04

Begin Your Care

In your client portal, you'll see a list of upcoming appointments with links to schedule based on your selected care package. If you don't see a day or time that works for you, please let me know and I'll do my best to accomodate your needs.

PAYING FOR CARE

financial info



Insurance or Benefit Plans

Call the number on the back of your insurance card to see if your insurance benefits will cover doula care with Aura Birth and Wellness. I will provide a superbill at your request to help you get reimbursed from your insurance if Aura is not in your network. You can find the full list of our insurance partners at: https://www.aurabirthandwellness.com/financialinfo



HSA/FSA

Services at Aura Birth and Wellness are HSA/FSA Eligibile. You can pay with your HSA/FSA card or debit or credit card directly through our secure payment system.



Be Her Village/Registry Payments

Be Her Village is an online registry that allows parents to add professional services to their gift registry. You can add my services to your registry directly or start a fund for general services. https://behervillage.com/partners/starseedbirthwellnessco

PAYMENT TERMS

Birth Doula Support

For all birth doula packages, a non-refundable retainer fee equal to 50% of the total package fee is due upon signing contract and is applied towards the total due. This fee ensures that your due date is reserved on my calendar and allows you to begin prenatal care.

The second half of the fee is due at or before 36 weeks gestation. This final payment ensures that your doula is on call starting at 38 weeks and ensures that your total fee is paid prior to your baby being born as it can be difficult to remember payment due dates in the newborn haze.

Postpartum Doula Support

For all postpartum doula packages, a non-refundable retainer fee equal to 50% of the total package fee is due upon signing the contract and will be applied toward the total fee. The remaining fee is due at or before 39 weeks gestation.

Placenta Processing

A non-refundable retainer of $50 is due upon signing the contract and will be applied towards the total fee. The remainder of the fee will be due at 36 weeks gestation and is refundable only if the placenta has been deemed unusable at birth.

**payment terms are subject to change, please see your contract for complete and accurate payment terms*

CONTACT ME

get in touch



WORKING OFFICE HOURS

Monday - Friday
10am - 6pm
Saturdays
11 am - 4pm

CONTACT BY PHONE

(510) 999-5027

SEND ME AN EMAIL

Hello@AuraBirthandWellness.com

ON SOCIAL MEDIA

@Aura.BirthandWellness

@AtMyMothersAltar





READY TO GET STARTED?

Book a free, no pressure alignment call to see if I'm a good fit for your family's needs!

GET IN TOUCH >