



# THE DOULA SEED

LONGEVITY | ADVOCACY |  
SUPPORT | EMPOWERMENT

*"When you plant a seed of  
love, it is you that  
blossoms"*



**SAMEEHA ALI**

**CERTIFIED BIRTH &  
POSTPARTUM DOULA,  
PLACENTA SPECIALIST**



## DOULA SERVICES

- BIRTH SUPPORT
- POSTPARTUM SUPPORT
- HOLISTIC POSTPARTUM SUPPORT
- BELLY BINDING
- HERBAL SUPPORT
- BIRTH PLANNING
- PLACENTA ENCAPSULATION
- ADDITIONAL PLANNING

**SCHEDULE A  
CONSULTATION TODAY!**

**\*CONTACT ME REGARDING  
AVAILABILITY FOR DATES NOT  
VISIBLE ON THE CALENDAR\***



**Servicing**

- **Southern California (Inland Empire Area)**
- **Virtually**
  - **Available for travel**

LET'S CONNECT



[WWW.DOULASEED.COM](http://WWW.DOULASEED.COM)



[@THEDOULASEED](https://www.instagram.com/thedoulaseed)



[INFO@DOULASEED.COM](mailto:INFO@DOULASEED.COM)



**PRICE RANGE**  
**\$1,075 - 1,875**

# BIRTH PACKAGES

## INCLUDES:

- FREE 30-minute Consultation
- Prenatal Visits (Two or more)
- Birth Plan
- Labor and Delivery Support
- Postpartum Visit & Care
- Personalized Resource Folder
- Email and Text Support
- On-call services starting at 37 weeks

\*Services are offered in various formats, including travel doula, hybrid, or virtual support

**\*PAYMENT PLANS  
AND PACKAGE  
CUSTOMIZATIONS  
AVAILABLE\***



**Daytime &  
Overnight**

# POSTPARTUM SUPPORT

**DAY: \$40/HR | NIGHT: \$45/HR**

**\*PRICES MAY VARY BASED UPON DAYS/HOURS\***

Include but not limited to the following:

- Postpartum Education
- Newborn Care
- Light housekeeping
- Meal shopping & preparation
- Lactation support
- Overnight doula support
- Email & Text Support
- & more tailored to your needs!



# ADDITIONAL SUPPORT

## HOLISTIC POSTPARTUM SUPPORT

- Placenta Encapsulation **\$300**  
(Capsule, Cord Keepsake, Delivery)
- Belly Binding
- Sitz Bath
- Aromatherapy
- Foot Soaks
- Vaginal Steam
- Herbal Teas

**\*AVAILABLE AS ADD-ONS OR  
INDIVIDUAL BOOKING\***

