



Support
and comfort
throughout
your amazing
journey

Doula Services

Doula's are non-medical specialists who provide physical and emotional support before, during and after childbirth. Studies have shown doula assistance can;

- decrease the need for medical pain relief**
- reduce the rate of c-sections**
- lessen the length of labour**
- enhance breastfeeding**
- promote the mother/baby bond**
- lower anxiety and depression post partum.**

Feel supported and comforted
throughout your amazing journey.

**Visit the website to view the fantastic
range of flexible packages available
and to book your free consultation.**

CALL 0402 984 274
lovenestnurture.com.au

Hypnobirthing!

...the natural
approach to
a calm and
positive birth

...a preparation
technique to
help you breath
and remain
in control



“ Uniquely designed for
mothers and companions
to prepare you with the
knowledge and tools
to birth calmly. ”

It's an antenatal class with a difference!



Hypnobirthing!

Love Nest Nurture will guide and
teach you relaxation, visualisation, self-
hypnosis and breathing techniques to
enable you to have the most magical
birthing experience you could wish for.

**Group, private and webinar courses are run
regularly to fit around your busy schedule.**

Visit the website for more information,
course schedules and bookings.

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