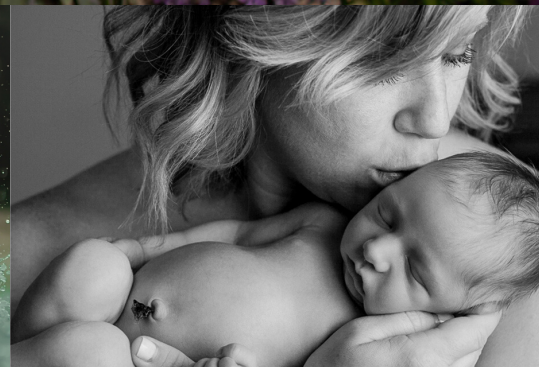


HAWAII BIRTH DOULA

Teresa Robertson
www.HawaiiBirthDoula.com



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Birth Services - Resources & Local Options

PLACENTA ENCAPSULATION

[Holistic Womb Arts](#)

[Shine Birth Services](#)

YONI STEAMING

[Holistic Womb Arts](#)

[Yoni Steam Honolulu](#)

[Belladonna Botanicals](#)

CHIROPRACTIC

[Erica Yu](#)

[Carrie Kwan](#)

[Cornerstone Chiropractic](#)

PLACENTA ENCAPSULATION

Placenta consumption has been practiced around the globe for centuries, from France to Cambodia. Aiding with increased nutrients to alleviating postpartum depression, placenta encapsulation involves drying the placenta, grinding into a powder, and placing into a capsule - all within hours of birth. (*Read more about placenta encapsulation [here.](#)*)

Cost & Coverage: approx. \$200 - \$300

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CHIROPRACTIC CARE

If you've never explored chiropractic care before, pregnancy may be a good time to consider this practice. While it can certainly be a relief for your ever shifting and adjusting body put back in its proper places, chiropractors can even assist in pregnancy scenarios such as a baby's breech positioning.

Making sure your body is aligned properly can not only provide almost immediate relief in your day to day well being, it can also help in making sure your body is even more prepared for an easier labor.

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With my second pregnancy, I realized how I could have taken better care of my body. I really think this helped with my labor.

YONI STEAMING

Yoni steaming (aka vaginal steaming) is another practice that may seem new but has actually been honored for centuries in a variety of cultures. It is the practice of using an herbal steam (best practiced under the guidance of a professional to ensure safety) which is absorbed through the vulva into the womb.

Yoni steaming has multiple benefits for before, during, and after pregnancy, from healing to connection. Some prefer one on one appointments, while others participate in group settings. There are a variety of options and personal services available, so an initial consultation to address your specific needs is beneficial. *(Read more about vaginal steaming here.)*

Cost & Coverage: Cost can range depending on services.



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It's also worth noting that all chiropractors are trained to work with the pregnant body and there is no known reason to avoid care during pregnancy.

If you are experiencing lower back, sciatic, sacroiliac, pubic symphysis, or round ligament pain, talk to your care provider about these options or reach out to one of the resources listed above. *(More information on how chiropractic services can help.)*

Cost & Coverage: Cost can vary, many insurance companies offer coverage.