

Keep In Touch M A S S A G E

CERTIFIED PRENATAL MASSAGE

DOULA

with Amy Alire CMT, RMT, WP



DOULA is the Greek word for “hand-maiden”
who assist women during child birth.

DRUG FREE PAIN RELIEF • SHORTEN LABOR
ENCOURAGE NATURAL BIRTH
PREPARE BODY FOR DELIVERY
HEALTHIER HAPPIER BABIES

**With record deliveries of only 4-5 hours
for mother's in labor. Amy's ten years of
experience has new Moms calling her
“Mother's Angel.”**

You Will Learn

Breathing Techniques
Relaxation Skills
Pre Labor Exercises
Perineal Massage • Infant Massage

DOULA SUPPORT

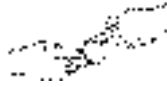
With hands on during delivery
relaxation will:

Conserve Energy • Reduce Fatigue
Calm and Reduce Stress
Reduce Pain
Shorten, controlled Labor

Monthly Prenatal & Postpartum
Massages Plus Labor support

•
Nurturing our mothers and babies

•
An amazing birth experience for
Happier healthier babies and mothers



You will be accompanied during labor,
ensuring a safe and satisfying birth
experience. I draw on my education and
experience to provide emotional support,
physical comfort, provide information and
make suggestions for labor progress and
help with hands on relaxation massage.

**Keep In
Touch**
MASSAGE

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www.keepintouchmassage.com

experience the difference