

## *RBL Support LLC Fertility Doula Contract*

**My Role** It is not within my scope to give medical advice. I provide holistic information and education to help you try and reach your fertility and reproductive health goals. I do not and am not qualified to make any diagnosis and/or prognosis. I am NOT and do NOT replace a medical provider such as a Reproductive Specialist. I can work alongside a medical provider and go to appointments if you would like for me to! I provide services for as long as you wish on your fertility journey whether that is to avoid conception or trying to conceive. I can talk with you about your options, both holistic and medical, to go over with your medical provider. I provide texting support, emotional support, and sessions tailored to what you need.

### **:My Services Can Include:**

- Teaching you how to track your cycle
- Going over your diet as well as your partner's
- Talking about herbal supplements that help or prevent conception
- Talking about fertility massage
- Crystals and essential oils for fertility
- Learning how to set up a fertility altar
- Yoni steaming
- Discussing treatment options with your medical provider
- Going to appointments with you
- Texting and virtual support

### **Packages**

#### *HOW TO TRACK TO AVOID PREGNANCY*

*THIS SESSION IS TO TEACH YOU HOW TO AVOID PREGNANCY. DUE TO WHAT IS CURRENTLY HAPPENING IN OUR COUNTRY, I'VE DECIDED TO DO PAY WHAT YOU CAN FOR THESE SESSIONS. EVERY PERSON WITH A UTERUS SHOULD KNOW HOW TO TRACK THEIR CYCLES! IT IS A ONE HOUR SESSION THAT IS THE SAME AS MY HOW TO TRACK PACKAGE, WE JUST FOCUS MORE ON HOW TO AVOID PREGNANCY.*

#### *HOW TO TRACK PACKAGE \$60*

*THIS PACKAGE WILL BE A SHORT 1 HOUR SESSION TO TEACH YOU HOW TO TEMP AND CHART, ALL ABOUT FERNING, CHECK YOUR OWN MUCUS, AND CHECK THE POSITION OF YOUR CERVIX THROUGHOUT YOUR WHOLE CYCLE. THIS CAN BE USED*

*TO GET OFF BIRTH CONTROL OR FOR TTC. IT INCLUDES TEXTING SUPPORT FOR A MONTH TO TALK ABOUT YOUR FINDINGS AND ASK MORE QUESTIONS IF YOU NEED TO.*

*TTC LEVEL 1 PACKAGE \$120*

*THIS PACKAGE INCLUDES THE ABOVE, PLUS WE GO IN DEPTH ABOUT YOUR AND YOUR PARTNER'S DIET, ANY MEDICAL REASONS THAT AFFECT YOUR FERTILITY, AND MEDICAL VS HERBAL THINGS YOU CAN USE TO HELP YOU CONCEIVE. THIS IS A 2 HOUR SESSION WITH TWO MONTHS OF TEXTING SUPPORT.*

*TTC LEVEL 2 PACKAGE \$240*

*THIS PACKAGE INCLUDES THE ABOVE, PLUS I TEACH YOU ABOUT FERTILITY MASSAGE (NOT A LICENSED THERAPIST SO I CANNOT DO IT ON YOU MYSELF), HOW TO USE CRYSTALS/ESSENTIAL OILS/YOUR FAITH FOR TTC. THIS IS A 3 HOUR SESSION WITH 3 MONTHS OF TEXTING SUPPORT.*

*TTC LEVEL 3 PACKAGE \$320*

*THIS PACKAGE INCLUDES THE ABOVE, PLUS WE WILL SCHEDULE A 30 MINUTE REIKI SESSION THAT FOCUSES ON FERTILITY AS WELL AS I WILL MAKE YOU A YONI STEAM BLEND. YOU CAN EITHER DO THIS ON YOUR OWN OR I CAN COME OVER AND HELP YOU.*

*A LA CARTE SERVICES IF A FULL PACKAGE DOESN'T SUIT YOUR NEEDS:*

*EXTRA TEXTING SUPPORT PER MONTH: \$30*

*LEARNING ABOUT SETTING UP A FERTILITY ALTAR/USING RELIGION FOR TTC \$30*

*HERBAL SUPPLEMENTS/ESSENTIAL OILS \$30*

*TALKING ABOUT YOUR DIET \$30*

*WHAT IS FERTILITY MASSAGE \$30*

*CRYSTALS FOR FERTILITY \$30*

*FERTILITY YONI STEAM BLEND \$20*

*FERTILITY REIKI SESSION \$27.77 FOR 30 MINUTES*

**Fees and Payment** For each package or service, I expect dues to be paid at signing of this contract. However if you need a payment plan set up, please let me know and we can set it up! Personally I prefer to invoice via Square, but I also accept Venmo, Cashapp, Facebook Pay, and cash.

**Disclaimer and Special Circumstances** I do not guarantee conception. As much as I would love to say with absolute certainty that I will be able to help you conceive a child, I cannot. Conception is not guaranteed to anyone. I will try every effort possible to help. I do not provide refunds for this service unless we are not able to go through with our session, and if there was any texting support provided, I will keep a retainer of \$30. With the current pandemic going on, it is vital that you inform me of any exposure to COVID positive people or if anyone in your family has it. If you are positive or have been exposed, we will need to switch to virtual support. If at any time I feel threatened by someone in your home, I may also cancel services and no refund will be provided if services were provided.

**Photo Release.** As my practice continues to grow, I would like to take pictures for my website, Facebook page, flyers, brochures, and handouts. If you are/are not okay with having pictures of you or other family members taken, pictures of our sessions, pictures that I may want of charts, etc, and used for these purposes, please mark your choice below.

Yes, Revitalizing Birth and Lactation Support may take/use pictures of me/my child for educational purposes.

No, Revitalizing Birth and Lactation Support may not take/use pictures of me/my child for educational purposes.

I/we have read this contract describing the Birthkeeper's services and agree to the hiring.

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Client's signature

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Partner's signature

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Birthkeeper's signature

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Date