



A LA VIE
PREGNANCY + BIRTH

Doula Services

INFORMATION
+
SERVICES

WWW.A-LA-VIE.CH



Welcome!

I am here to support you

Are you seeking a doula who will wholeheartedly support your unique journey? Do you desire a nurturing and compassionate presence by your side during this transformative time? Are you looking for someone who will guide you with extensive experience, wisdom, and a holistic approach? Are you ready to embrace the inner power of your body and spirit as you navigate the sacred path of birth and parenthood?

Together, we can explore your hopes, dreams, and expectations, ensuring that our connection aligns with your vision for this extraordinary journey.

My comprehensive approach of doula care delves into the emotional, mental, and spiritual dimensions, recognizing the interconnectedness of your entire being. Drawing from ancient wisdom, modern techniques, and a wealth of expertise, I offer a holistic approach that honors your individuality, celebrates your inner strength, and helps you cultivate a deeper connection with yourself, your baby, and the birthing process. I combine the wisdom of Ayurveda, the nurturing practices of yoga, the biomechanics insights of the De Gasquet approach, the "physiology before force" model from the Body Ready Method, the "comfort in pregnancy and ease in birth" approach from Spinning Babies, and the compassionate support of doula care.

Whether you seek to honor your pregnancy, receive coaching to prepare for a physiological birth, or invest in your postpartum well-being, I am here to provide natural, personalized, and heartfelt support.

Alexia

Discover my unique approach

Holistic Birth Preparation

I offer a well-rounded and holistic approach to your birth journey. From birth plan preparation, self-reflection on your journey toward motherhood, natural pain management techniques, optimizing fetal positioning to nurturing & healing self-care practices, I will provide you with a rich toolkit of empowering knowledge and practical skills to navigate your childbirth journey with confidence and grace.

Emotional and Physical Support

During this sacred time, I provide unwavering emotional and physical support. As your dedicated doula, I offer a nurturing presence, holding space for your emotions, and providing personalized comfort measures. Together, we create a safe and soothing environment where you can fully immerse yourself in the beauty of your birth experience.

Guidance for a Positive Birth Experience

No matter how your birth unfolds, my goal is to help you achieve a positive and empowering experience. With my extensive experience supporting birthing parents, I bring a wealth of knowledge and insights to guide you through any twists and turns. We will adapt and find joy in every moment, ensuring your birth journey is filled with empowerment, trust, and resilience.

Co-Parent Involvement

Your birth experience is a shared journey, and I am committed to supporting both you and your partner. I encourage active participation, ensuring that your partner feels informed, involved, and empowered throughout the process. Together, we cultivate a harmonious dynamic that deepens connection, understanding, and shared strength as you embark on this incredible adventure together.

Continuous and Personalized Attention

From our initial meeting until well after your little one arrives, I provide continuous and personalized support. Your unique desires, dreams, and concerns shape our partnership, and I tailor my guidance to align with your individual needs. Together, we will create a birth plan that reflects your values, preferences, and desires, ensuring you feel fully supported and empowered. Trust the unique blend of experience, knowledge, and heart-centered care that I bring to your birth experience. Together, we will create a tapestry of support, guidance, and empowerment, ensuring your journey into motherhood is infused with love, strength, and joy.

Together, let's create a birth story that will be cherished for a lifetime.



meet your
DOULA

Hi, I'm Alexia

Perinatal care is the calling of my heart. My practice is dedicated to women, their well-being, and the optimal birth of their babies. It is a profound realization and an honor to work with the miracle of life, the magic of childbirth, the infinite strength of women, and the wisdom of nature.

Since 2018, I have been supporting women and couples in their birth plans, pregnancy, childbirth, postpartum, and overall health. I approach my work with a natural, positive and holistic perspective.

A woman's life is filled with magical, intense, and delicate periods. Having proper support is invaluable.

If you feel the desire for compassionate support, expert guidance, and a nurturing touch, I would be honored to be by your side, and to empower you to blossom in the art of nurturing life.

Alexia

My specialties: Birth preparation. - Baby positioning - Biomechanics of birth - Yoga - Ayurveda Medecine

- CERTIFIED BIRTH & POSTPARTUM DOULA
- SPINNING BABIES PARENTS EDUCATOR
- BODY READY METHOD PRO (ongoing)
- PRE/ POSTNATAL YOGA TEACHER
- PRE/ POSTNATAL YOGA - DE GASQUET
- AYURVEDIC PRACTITIONNER
- NATUROPATH IN AYURVEDIC MEDICINE
(recognition in progress)
- HATHA YOGA TEACHER



THE 3 PILLARS OF

Doula Support

Physical

Doulas provide physical support by anticipating and tending to your physical needs during birth.

- Pain coping technics (Massage, counterpressure, acupressure...)
- Position changes & suggestions for optimal labor progression
- Foster a calming environment
- Water therapy (bath, shower...)
- Comfort measures (drinks, food, natural needs)
- Hands-on infant feeding support

Emotional

A doula is a continuous comforting presence offering reassurance and encouragement, showing a caring and empathetic attitude, and helping you and your partner work through fears and self-doubt about pregnancy & birth. Debriefing after is another way a doula can bring emotional support.

Informational

A doula offers informational support by keeping you and your partner informed through each milestone of your pregnancy and postpartum journey. They can also help you find evidence-based information about different options in pregnancy, childbirth and postpartum. A doula is an unbiased resource, providing you with the latest research related to pregnancy, birth and early parenting that you need to make informed decisions.



FREQUENTLY ASKED *questions*

*What is a doula?
Do I really need one?*

A doula is a trained professional who provides continuous physical, emotional and informational support to their client before, during and shortly after childbirth to help them achieve the healthiest, most satisfying experience possible. Countless scientific trials examining doula care demonstrate remarkably improved physical and psychological outcomes for both pregnant, birthing, and postpartum people and their baby. Doulas have a positive impact on the well-being of the entire family. You don't necessarily *need* a doula, but most people *want* one!

*Can't my partner or best friend
be my doula?*

If your partner will be with you during labor, they are already fulfilling a very important role. They are the person in the room who knows you, and your preferences, best. They are bringing an amazing tool to your labor - their love and support. But they are not your doula. A doula is an impartial third party that can support *both* of you during your labor. Most partners will experience a range of emotions during labor, from joy and excitement to fear and nervousness.

Many will forget all of the helpful tips or tricks they learned in birth class when the pressure is on. It is very difficult for someone to fully support you when they are managing their own intense emotions in a stressful setting! A doula can help you both navigate your emotions and any guide you through any unexpected changes to your birth plan, allowing your partner to be fully present with you as *your partner* instead of as your birth attendant.

Your partner is the expert in you. A doula is the expert in birth. Together, we can create an amazing platform of support to make sure you've got an incredible support team around you as you prepare to meet your baby.

What does a doula do- and not do?

Doulas nurture and support the birthing person throughout labor and birth. Their essential role is to provide continuous labor support, no matter what decisions the client makes or how they give birth. Importantly, the doula's role and agenda are tied solely to the birthing person's agenda. This is also known as primacy of interest. In other words, a doula's primary responsibility is to the birthing person—not to a hospital administrator, nurse, midwife, or doctor. A doula will focus on providing you with physical, emotional, and informational support throughout your labor. This may look like a labor massage or assisting with water therapy; providing you with reassurance, encouragement, and emotional support; or providing evidence-based information or guidance for decision-making during your birth. Your doula will also help you advocate for your needs and preferences, ensuring that your voice is heard and respected at all times.

A doula is *not* a medical care provider. We do not offer medical advice or provide clinical treatments, make decisions for you, or pressure you to make a particular choice for your care. Doulas do not take over the role of your partner, nor do we perform clinical tasks like monitoring your blood pressure, checking your baby's heart rate, or catching your baby.

What if I choose to have an epidural, or I am undecided?

Doulas support ALL births. Doulas do not have any agenda and offer non-judgmental support. A doula's job is to help you make choices that are right for you - what those choices end up being are not important, so long as they are yours. Doulas are trained to support all kinds of births - at home, in the hospital, with midwives or doctors, medication free or with pain medication, vaginal or caesarean.



BIRTH SUPPORT PACKAGES

package #1

A great option for second time parents or those experienced with newborns.

- Complimentary first doula meet-up
- Unlimited phone/text support
- 3 prenatal meeting to discuss your birth preferences & options, birth preparation* and/or postpartum planning
- **Unlimited labor support**
- 1 postpartum meeting to check in and follow up

1'400 CHF **

package #2

A great option for first time parents or those that want more support & resources!

- Complimentary first doula meet-up
- Unlimited phone/text support
- 5 prenatal meeting to discuss *your* birth preferences & options, birth preparation* and/or postpartum planning
- **Unlimited labor support**
- 2 postpartum meetings to check in and follow up

1'900 CHF **

* My Birth preparation includes a wide range of essential topics ranging from pain management, breastfeeding or postpartum planning. For more information, please check the complete program here: <https://www.a-la-vie.ch/cours-prénataux>

** Your health insurance may cover some of these sessions. Contact me for more details.



WHAT'S INCLUDED

pregnancy

- Complimentary first doula meet-up
- Prenatal meetings to discuss your birth preferences and postpartum planning decisions
- Help to prepare physically, mentally, and emotionally
- Discussions about newborn care and postpartum planning
- Guidance for defining your birth preferences or creating a plan
- Spinning Babies and Body Ready Method guidance
- Ayurvedic prenatal care
- Prenatal Yoga Coaching
- Access to my online resources (videos, guided meditations, pregnancy journals, prenatal yoga classes, ...) - *in progress*
- *Referrals to my network (osteopath, acupuncturist, midwife...)*
- Unlimited phone and text support
- On-call availability

birth

- Early labor guidance and tips to help labor progress
- Coaching and guidance to stay calm and relaxed
- Guidance to know when to go to your birth location
- Support and advice for partners to be involved
- Hands-on comfort techniques and pain coping suggestions
- Spinning Babies and Body Ready Method guidance
- Birth tools availability (birth sling, TENS, rebozo, etc ...)
- Help to navigate hospital protocols and staff
- Information and support for informed decision-making
- Help communicating your wishes to your care team
- Post-birth care (help with initial recovery and feeding)

postpartum

- Guidance and advice for your recovery
- Ayurvedic postnatal care (nutrition, massage, natural remedies)
- Postnatal Yoga Coaching
- Frequent mental health check-ins, discussions, and resources
- Help with all forms of feeding
- Guidance to learn infant care
- Tips for common issues like infant sleep, gas, and comforting your baby
- Community resources and referrals to programs and services
- Home visits to check in



BENEFITS OF DOULA SUPPORT

↓ 50%
DECREASE

in the risk for an unplanned
Cesarean delivery

↑ 15%
INCREASE

in the likelihood of a
spontaneous vaginal birth

↓ 60%
DECREASE

in the request for pain relief
medication (epidural)

🕒 SHORTER
LABORS

by an average, 25% shorter!

↓ 40%
DECREASE

in the use of synthetic oxytocin
and forceps

↓ 31%
DECREASE

in the risk of parents being
dissatisfied with the birth experience

Sources:

evidencebasedbirth.com/the-evidence-for-doulas/

Marshall H. Klaus, John H. Kennell, Phyllis H. Klaus, *The Doula Book: How A Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth.* Perseus Press, 2002, Chapitre V

What people are saying...

"Alexia is a one of a kind gem that when you meet you know it will be a special journey. Her peaceful, kind and reassuring self welcome you to her beautifully decorated space where she takes care of your every need. Her anatomy knowledge, trainings, certifications and years of experience make her someone extremely reliable and an infinite source of great advice. I am so very happy I have taken her in with our pregnancy journey and to anyone looking for a doula, pre or post natal support, ayurvedic care, massages, yoga do not look further and book a session with her right away."



LET'S GET STARTED

1

Complimentary First Doula Meet-up

Let's get together to discuss your pregnancy so far, your thoughts, worries, and goals for your birth, and how doula support works. This is a great time to get to know each other to see if we're a good fit!

2

Select Your Support Package

Take a look through your information package and decide on what support package works for you. Your completed contract and your retainer are required in order to confirm your services with me.

3

Your Support Begins

Once the paperwork is taken care of, your support begins! Get in touch with me whenever you'd like to give me an update. I'll get in touch with you every so often to check in, too!

4

Prenatal Visits

Depending on which support package you choose, we will have several sessions together. We will use this time to talk about your birth preferences, your support needs, and postpartum planning. We can start planning this time when you are ready.

5

Birth Support

When the big day comes, I will be ready to join you whenever you need me! You will have my continuous and undivided attention throughout your labor and for the first two hours of your postpartum.

6

Postpartum Visits

Depending on which support package you choose, we will have several visits together. We will talk about your recovery, the adjustment to parenthood, your mental health, feeding and baby care, and more! We can plan these visit right after your birth.



Contact me



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[_a.la.vie_](https://www.instagram.com/_a.la.vie_)



www.a-la-vie.ch

ADDITIONAL OPTIONS



My birth tools

- 1 Rebozo
- 1 wooden comb
- 1 winner flow

100 CHF



My postpartum tools

- 1 postpartum belt
- 1 winner flow
- 1 herbal mix for sitz bath
- 1 bottle of witch hazel

100 CHF



Postpartum Meals

- Ayurvedic postpartum vegetarian meals delivered to you (2 servings) - Ask for the menu!
 - Seasonal and organic veggies
 - Adapted to you based on allergies / beliefs ...
 - Recipes designed for postpartum recovery

50 CHF



Bone broth

- 2 servings of home-made bone broth
- Freshly made
- Meat from the Boucherie de Campagne of Puidoux
- Recipe is designed to support postpartum recovery

20 CHF



Ayurvedic herbal remedies

- Ayurvedic remedies to nourish, your pregnancy and your postpartum (medicated ghee, decoctions, herbal wines, ...) as per your needs.

100 CHF