

HEALING

MAMA™ CO.



LABOR &
DELIVERY
POSTPARTUM
HEALING &
RECOVERY
LACTATION/
BREASTFEEDING

PRODUCT CATALOGUE

✉ hello@healingmamaco.com

f Healing Mama Co.

📷 @healingmamaco

🎵 @healingmamaco

WWW.HEALINGMAMACO.COM



OUR STORY



"At that moment it occurred to me that in all my baby preparation I had not done any preparation for myself!"

Preparing for the birth of our baby was an exhilarating and completely brand new experience. At 7 months pregnant my girlfriend made me what she called her "Mom Must-Have Bag" because a girlfriend of hers made one for her - she was also a first-time Mama. It was filled with some items I had NEVER heard of before, like Witch Hazel!

At that moment it occurred to me that in all my baby preparation I had not done any preparation for myself!

Needless to say, at 8 months very pregnant I started researching solely for me and what I'd be going through during my childbirth & postpartum experience.

I scoured the internet for "labor kits" and "postpartum kits" and was disappointed by the cost to quantity ratios of these kits.

By this time, I had a list of items and products that I thought I'd need. I found companies that made amazing trusted products and I found companies that sold premium or luxury "kits" but there was not a single company that had it all!

From the most practical like adult diapers, prunes, or mesh underwear to the most "nice to have" like an upside-down peri-wash bottle, organic nipple cream, and everything in between.

It simply did not exist and it boggles my mind that after centuries of babies being born that this was still such a struggle to find everything. I asked myself "Where was the "Wal-Mart" for my care and well-being?"

That homemade "Mom Must Have" gift that was given to me has now grown into Healing Mama™ Co. A safe and trusted home where ALL parents-to-be can come and find EXACTLY what they need to not only get through this momentous experience of childbirth and postpartum but to THRIVE through it!

LABOR & POSTPARTUM BAGS

We have designed our Healing Mama™ Labor & Postpartum Bags, our medically backed, systematically organized, ready-to-go Bags to complement your hospital bag. So, if you were wondering “should I bring both?” the answer is a big YES! The mama’s-to-be whom we tested our Bags on unanimously agree that there are items within that you may unexpectedly need and others that will be useful to have on hand.

We had a mama that decided to take some items out beforehand and realized by day 1 in the hospital postpartum that she actually needed almost half of the items she took out

The lesson here: **keep your Labor & Postpartum Bag together in its entirety.**



The only exception would be the Essential Padsicle Bundle, which you can prepare up to 1 month in advance of your due date (*included in the Ultimate Labor & Postpartum Bag*) Our Labor & Postpartum Bags are designed for all Mamas-To-Be & Birthing Partners regardless of whether it's your first time or seventh time into parenthood. We are positive we have a Labor & Postpartum Bag to support every Parent-To-Be.



HEALING MAMA™

LABOR & POSTPARTUM BAG



The **ULTIMATE** Labor & Postpartum Bag

\$208.88



Filled with 35+ items for a total of over 100+ pieces

Designed to aid new mamas for all possible labor outcomes, from vaginal births to cesarean births and everything in between. So, no matter what happens you can be assured that you'll have everything you'll need to thrive through labor, delivery, and your postpartum healing and recovery.

"Medically Backed,
Pre-Packaged, Ready-To-Go
Labor & Postpartum Bags"

Prices are subject to change without notice

HEALING MAMA™

LABOR & POSTPARTUM BAG



The **CESAREAN** Labor & Postpartum Bag

\$168.88



Designed to aid expectant parents who know that they will be bringing their new baby into this world via cesarean.




























This Labor + Postpartum System will support your childbirth and postpartum surgical healing!

Filled with 30+ items for a total of over 80+ pieces

"Medically Backed,
Pre-Packaged, Ready-To-Go
Labor & Postpartum Bags"

Prices are subject to change without notice

LABOR + POSTPARTUM SYSTEMS: COMPARISON CHART

ITEMS	ESSENTIAL	CESAREAN	ULTIMATE
Healing Mama Co. Guide (latest edition)	Downloadable Version		
Birthing Guide	Downloadable Version		
Life with a New Baby is Not Always What You Expect Booklet	Downloadable Version		
Personal Journal & Pen + Inspirational Birthing Stickers			
Beautiful 23L Weekender Bag			
Travel Packing Cubes & Pouches Set			
Reusable Clear Cases			
Essential Padsicles Bundle, Complete with: Insulated Freezer Tote			
Step by Step Instructions & FAQ's			
Application Bottle			
Aloe Vera Gel			
Lavender Essential Oil			
Alcohol Free Witch Hazel, 89ml by Thayer's			
Heavy Flow Maternity Pads by Natracare			
Unscented Olive Soap by Sitti Soaps in a Soap Travel Case			
Substance Mom: New Mama Herbal Sitz Bath, 13 grams by Matter Company			
Substance Mom: New Mama Nipple Cream, 28 grams by Matter Company			
Substance Mom: New Mama Comfort Tea, 9 grams by Matter Company			
Substance Mom: New Mama Cooling Spray, 30 mL by Matter Company			
Inflatable Vinyl Cushion/ Medical Hemorrhoid Donut Pillow with Pump			
Arnica Montana Pellets by Boiron - Postbirth Muscle & Pain Relief			
TheraPearl 3-in-1 Breast Therapy Pads by Lansinoh			
Disposable Overnight Underwear (Diapers)			
Ultimate Upside Down Vajayjay Cleansing Bottle			
Birthday Cake Protein Bar by Quest			
Assorted Artisanal Tea by Pukka			
Virgin Coconut Oil, 2 ounces			
Disposable Blue Underpads			
Disposable Mesh Underwear			
Vitamin E Oil by Derma-E			
Slip-On Comfy Socks			
Antiseptic Wipes			
Washable Mask			
Bag of Prunes			
Soft Tissue			
Sleep Mask			
Headbands			
Ear Plugs			
Hair Ties			

HEALING MAMA™

REJUVENATION POSTPARTUM KIT

Designed for new mamas that are past the 6-week postpartum mark, we call **PHASE 2 OF YOUR POSTPARTUM JOURNEY**. Developed in collaboration with Dr. Jennifer DelBelBelluz, Naturopathic Doctor & Pelvic Floor Therapist.

The Essential Rejuvenation Kit

\$188.88



Filled with **15 FULL SIZE** items

Giving you all the essentials to start rebalancing your hormones, breathing, pelvic floor, filled with the right supplements & vitamins, all the way to treating postpartum skin and hair! We've got you covered with the essential basics!

The Ultimate Rejuvenation Kit

\$238.88



Filled with **20 FULL SIZE** items

From rebalancing your hormones, breathing, sleep, pelvic floor, filled with the right vitamins & supplements, treating postpartum skin and hair to supporting your lactation journey; we've got you fully covered Mama!

Prices are subject to change without notice

REJUVENATION POSTPARTUM SYSTEMS

ITEMS	ESSENTIAL	ULTIMATE
Healing Mama Co. Rejuvenation Guide & Personal Journal with Pen	✔	✔
Nylon Tolleyry & Make-Up Case	✔	✔
Castor Oil, 118ml by Aura Cacia	✔	✔
Organic Diaper Balm, 2 OZ by Earth Mama	✔	✔
Vitamin E Oil 14,000 I.U., 60ml by Derma E	✔	✔
Rosemary Essential Oil, 15 ml by Essencia	✔	✔
D-Mulsion 1000, 90 capsules by Genestra Brand	✔	✔
TheraPearl 3-in-1 Breast Therapy Pads by Lansinoh	✔	✔
Cedarwood - Atlas (Organic), 15 ml by Divine Essence	✔	✔
Lavender - Fine (Conventional), 15 ml by Divine Essence	✔	✔
L-Glutamine 500 mg, 60 Veg. Capsules by Natural Factors	✔	✔
Nighty Night Tea, 20 sachets/box by Traditional Medicinals	✔	✔
LactaNu For New Mommy, 30 tablets by The Quest for Health	✔	✔
Substance Mom: Nipple Creme 28 g 1 oz by Matter Company	✔	✔
Organic Mother's Milk Tea, 20 sachets/box by Traditional Medicinals	✔	✔
Substance Mom: New Mama Herbal Sitz Bath, 13g by Matter Company	✔	✔
Vegan & Caffeine-Free Lactation Coffee, 16 sachets/bag by Milksta Brew	✔	✔
Magnesium Bisglycinate Pure 200 mg, Powder 120 grams by Natural Factors	✔	✔
Women's Multi Probiotic 12 Billion Live Probiotic Cultures, 60 capsules by Natural Factors	✔	✔



Prices are subject to change without notice

HEALING MAMA™ BUNDLES

Designed to provide new mama with all her postpartum bleeding protection needs. Our Postpartum Bleeding Protection Bundles are conveniently packed in a packing cube so that you can easily add it to your hospital bag for D-Day!

The ESSENTIAL Postpartum Bleeding Protection Bundle



Includes:

- Large Packing Cube
- Mesh Underwear
- Disposable Blue Underpads
- Disposable Overnight Underwear (Diapers)
- Heavy Flow Maternity Pads by Natracare

\$28.88

The ULTIMATE Postpartum Bleeding Protection Bundle



Includes:

- Large Packing Cube
- Disposable Blue Underpads
- Disposable Overnight Underwear (Diapers)
- Heavy Flow Maternity Pads by Natracare
- Disposable Postpartum Underwear by Frida Mom

\$48.88

The D-Day Energizing Bundle

Having the right snacks and drinks on hand during your labor & delivery will allow you to keep your energy up without burning out.

Our **D-Day Energizing Bundle** is designed to support you through this all encompassing experience.



\$23.88

Includes:

- Reusable Water Bottle
- Chewy Mentos Mints
- Assorted Granola Minis by Madegood
- Ener-C Sport
- Pukka Teas
- Birthday Cake Protein Bar by Quest
- Soft Tissue Pack
- Antiseptic Wipes

Prices are subject to change without notice

HEALING MAMA™ BUNDLES

Our Healing Mama Boobie Bundles are designed to provide you with the apparel and products to thrive through your breastfeeding journey.

The ESSENTIAL Boobie Bundle



\$58.88

Includes:

- Nursing Tank Top
*styles will vary
- Nipple Cream by Matter Company
- Breast Therapy Pads by Lansinoh
- Organic Mother's Milk Tea by Traditional Medicinals
- Milksta Brew Lactation Coffee, 5 Packets
- Cotton Disposable Nursing Pads

The ULTIMATE Boobie Bundle



\$158.88

Includes:

- JoeyBand™
- Nursing Bra Tank Top
*styles will vary
- Nipple Cream by Matter Company
- Breast Therapy Pads by Lansinoh
- Organic Mother's Milk Tea by Traditional Medicinal
- Milksta Brew Lactation Coffee 16 Sachets/Bag
- Cotton Washable Reusable Nursing Pads
- Nutripur Genius Mom & Baby

The ULTIMATE Vajayjay Cleansing Bundle

Our Ultimate Vajayjay Cleansing Bundle is designed to provide New Mama with all her vajayjay cleansing and healing needs. Because, recovering from childbirth is a delicate process and your vaj needs all the support she can get! So, with every visit to the washroom you can be sure to have everything your vaj needs and wants to get a refreshing cleanse and a boost of healing!



\$44.88

Includes:

- Peri-Wash Information + Instructions Pamphlet
- Ultimate Upside Down Vajayjay Cleansing Bottle with 2 Spout Heads
- Alcohol-Free Unscented Witch Hazel by Thayer's Natural
- Herbal Sitz Bath by Matter Company
- Cooling Spray by Matter Company
- Organic Cotton Intimate Wipes by Natracare

Prices are subject to change without notice

HEALING MAMA™ BUNDLES

Padsicles are new mamas' #1 way to soothe the vaj itch, soreness, and tenderness after vaginal birth. We LOVE padsicles because of your ability to cater your vaj healing with the ingredients that you use in your Padsicles. With our Padsicle Bundles, you are sure to have everything you need to prepare soothing and healing padsicles.

The ESSENTIAL Padsicle Bundle



\$28.88

Includes:

- Insulated Freezer Tote
- Padsicle Instructions + FAQ
- Alcohol-Free Witch Hazel by Thayer's Natural, travel size
- Aloe Vera 98% Gel with Pump by Jason Natural Products
- Portable Plastic Spray Bottle
- Lavender Essential Oil (not pictured)
- Heavy Flow Pads

The ULTIMATE Padsicle Bundle



\$39.88

Includes:

- Insulated Freezer Tote
- Padsicle Instructions + FAQ
- Alcohol-Free Witch Hazel by Thayer's Natural
- Aloe Vera 98% Gel with Pump by Jason Natural Products
- Herbal Sitz Bath Sachet by Matter Company
- Portable Plastic Spray Bottle
- Lavender Essential Oil (not pictured)
- Heavy Flow Pads

The Healthy Start Bundle

Having the right vitamins, supplements, and probiotics are key to new Mamas overall health and wellbeing. The Healthy Start Bundle is designed with exactly what she needs to support her healing and recovery as consulted by our Healing Mama Naturopathic Doctor.



\$88.88

Includes:

- LactaNu For New Mommy by The Quest for Health (not pictured)
- Magnesium Citrate by Natural Factor
- Vitamin D3 1000 I.U. by Swiss Naturals
- HMF Maternity Probiotics by Genestra Brand
- New Mama Comfort Tea by Matter Company (not pictured)

Prices are subject to change without notice

HEALING MAMA™ BUNDLES

We have packed all your toiletry items in a handy nylon travel case, so that on D-Day all you have to do is add this to your hospital bag and be assured you've got everything you'll want and need while at the hospital or birthing center. That is why our New Mama Toiletry Bundles are packed with unscented everything so that during your baby's early days/weeks their sensitive sense of smell won't be irritated.

The ESSENTIAL New Mama Toiletry Bundle

\$34.88



- Nylon Travel Toiletry & Make-Up Case
- Facial Wipes
- Hydrating Lip Balm by Aquafina
- Bamboo Toothbrush - Soft by F.E.T.E Natural
- Unscented Deodorant
- Intimate Wipes
- Simply White Peppermint Toothpaste Travel Size by Tom's Of Maine
- Unscented Handmade Olive Oil Soap Bar by Sitti Soaps in Travel Case

The ULTIMATE New Mama Toiletry Bundle

\$88.88



***The products in your Ultimate Toiletry Bundle will last approximately 1 week - 1+ month, depending on your frequency of use.**

- Nylon Travel Toiletry & Make-Up Case
- Feminine Vajayjay Cleansing Wash
- 100% Cotton Face Cloth
- Hydrating Lip Balm by Aquafina
- Natural Unscented Deodorant
- Unscented Face Wash by Carina Organics
- Soft Bamboo Toothbrush in a Bamboo Travel Case
- Intimate Wipes
- Unscented Face Moisturizer by Carina Organics
- Simply White Peppermint Toothpaste Travel Size by Tom's Of Maine
- Unscented Handmade Olive Oil Soap Bar by Sitti Soaps in Travel Case

Prices are subject to change without notice

HEALING MAMA™ BUNDLES

We have packed all your essential toiletry items in a nylon travel case, so that on D-Day all you have to do is add our Partner's Toiletry Bundle to Mama's hospital bag or your own packed bag and be assured you've got what you need while at the hospital or birthing center.

The ESSENTIAL Partner's Toiletry Bundle

\$30.88



- Nylon Travel Toiletry Case
- Bamboo Toothbrush – Soft by F.E.T.E
- Simply White Peppermint Toothpaste by Tom's Of Maine
- Wet Wipes
- Unscented Handmade Olive Oil Soap Bar by Sitti Soaps in Travel Case
- Organic Coconut Oil by Nutiva
- Face Wipes

The ULTIMATE Partner's Toiletry Bundle

\$68.88



- Nylon Travel Toiletry Case
- Soft Bamboo Toothbrush in a Bamboo Travel Case
- Simply White Peppermint Toothpaste by Tom's Of Maine
- Organic Cotton Intimate Wipes by Natracare
- Unscented Face Moisturizer by Carina Organics
- Unscented Face Wash by Carina Organics
- Unscented Handmade Olive Oil Soap Bar by Sitti Soaps in Travel Case

***The products in your Ultimate Toiletry Bundle will last approximately 1 week – 1+ month, depending on your frequency of use.**

Prices are subject to change without notice

HEALING MAMA™ TRUSTED BRANDS

On top of our Labor & Postpartum Bags and Healing Mama™ Bundles that will have you covered FOR EVERY possible childbirth outcome and into your postpartum healing & recovery

We have also partnered with **OVER 40** tried, tested, and trusted parenting brands both local and long-time favorites to give you **150+** childbirth, postpartum, and lactation products to shop through!

So, if **NONE** of our Bags or Bundles don't quite fit what you're looking for you can buy individual products and build your own PERFECT Labor & Postpartum Bag!



HEALING MAMA™ TRUSTED BRANDS

TOGETHER with each trusted brand, we are building a Healing Mama™ Home



A Safe and TRUSTED place for all new & expectant parents to come over.

Where you can let your guard, worry, stress, & anxiety down, so that you can truly feel taken care of!

- ALEVA NATURALS
- AURA CACIA
- AURA NUTRITION
- BADGER BALMS
- BEEKEEPER'S NATURALS INC.
- BOIRON
- CANPREV
- CARDINAL HEALTH
- CARINA ORGANICS
- CARLSON LABORATORIES
- DERMA-E
- DIVINE ESSENCE
- EARTH MAMA ORGANICS
- ENER-C
- EXQUISITE BODIES
- F.E.T.E.
- FRIDA MOM
- GENESTRA BRANDS
- GREEN BEAVER COMPANY
- JASON NATURAL PRODUCTS
- JOEYBAND
- KAI ORGANICS
- LANSINOH
- LILY OF THE DESERT

- LITTLE TREE WELLNESS & APOTHECARY
- MADE GOOD
- MATTER COMPANY
- MEWL BABY
- MILKSTABREW
- NATRACARE
- NATURAL FACTORS
- NOVA SCOTIA ORGANICS
- NUTRIPUR
- NUTIVA
- ORGAN(Y)C
- PEAS IN A POD
- PUKKA TEAS
- QUEST VITAMINS
- QUEST NUTRITION
- SAVE A LIFE CARD
- SITTI SOAPS
- SWISS NATURALS
- THAYER'S NATURALS
- TIMI & MILA
- TOM'S OF MAINE
- TRADITIONAL MEDICINALS
- UTIVA
- WELEDA



HEALING MAMA™ PARENT SHOWER REGISTRY

Are you expecting? Do you have a loved one who is expecting?

Send your guests your Baby Shower Registry AND Parent Shower Registry!

We know your guests would love to shower the Parents for the main event!

This way YOU are fully prepared for labor, delivery & your postpartum journey!



Steps:

Head over to www.healingmamaco.com

Click on the "Parent Shower Registry" tab to get started!

Shop ▾ Meet Our Experts Meet Our Family Free Resources ▾ **Parent Shower Registry** Our Story

Build your registry in less than 3 minutes!

HEALING MAMA™ PARENT SHOWER REGISTRY

You'll receive a
personalized catalogue
to send out to your guests



Sample Catalogue

PLEASE FOLLOW THESE 5 SIMPLE STEPS TO
SUPPORT #SHOWERHASHTAG PARENT
SHOWER AND HELP MAKE IT AMAZING:

- **STEP 1:** EXPLORE THIS CATALOGUE TO SEE WHICH PRODUCTS YOU WOULD LIKE TO HAVE
- **STEP 2:** HEAD OVER TO THE HEALING MAMA™ HOME AND E-SHOP: WWW.HEALINGMAMACO.COM (CANADA); WWW.HEALINGMAMACO.COM (USA)
- **STEP 3:** PICK THE PRODUCTS YOU WOULD LIKE TO PURCHASE
- **STEP 4:** AT CHECK OUT BE SURE TO CHECK OFF "IS THIS A GIFT?" HERE YOU CAN ALSO TYPE A PERSONALIZED NOTE THAT WE WILL ADD TO A CONGRATULATIONS CARD AND ATTACH TO YOUR ORDER. YOU CAN CHOOSE TO HAVE THE ORDER SHIPPED TO YOUR HOME OR YOU CAN INPUT A ADDRESS AND WE WILL SHIP THEIR PACKAGE DIRECTLY TO THEIR HOME.
- **STEP 5:** ONCE COMPLETED CHECK IT OFF ON THE REGISTRY THAT WAS SENT OUT IN GOOGLE DOCS



#SHOWERHASHTAG

www.healingmamaco.com



HEALING MAMA™ PARENT SHOWER REGISTRY

Receive a **newborn baby gift** when you create your parent shower registry!



www.healingmama.com

HEALING MAMA™ GIVING PROGRAM

\$10 from the sale of each:

Ultimate Labor & Postpartum Bag

\$10 from the sale of each:

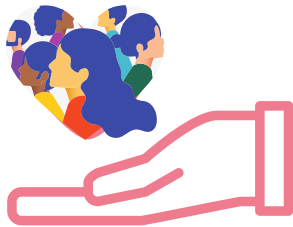
Cesarean Labor & Postpartum Bag

\$5 from the sale of each:

Essential Birthing Partner Labor & Postpartum Bag

\$5 from the sale of each:

Essential Labor & Postpartum Bag



HEALING MAMA™ GIVING PROGRAM

Even though Healing Mama™ Co. is the MOST affordable company on the market, there are still new & expectant parents that cannot afford to buy the products to support their own care & healing during childbirth & postpartum.

Through the Healing Mama™ Giving Program, we take the pool of funds we have collected from the sale of each Labor & Postpartum Bag so we can **donate** our Essential Labor & Postpartum Bag to birth workers, charities, and organizations in underserved communities and directly to self-identified vulnerable expectant parents.

For each round of giving we are partnering with different birth workers, charities, and organizations so that we can reach as many vulnerable expectant parents as possible.

Along with each round of giving we conduct a month long donation drive for maternity, newborn, postpartum, and lactation/breastfeeding items to also distribute along with our donated Essential Labor & Postpartum Bags.



To learn more about our Giving Program please scan our code. www.healingmamaco.com/givingprogram

You can support vulnerable expectant parents by becoming one of the following:

Healing
FUNDER



Contribute
5 Essential
Labor &
Postpartum
Bags

\$375

Healing
HERO



Contribute
10 Essential
Labor &
Postpartum
Bags

\$750

Healing
LEADER



Contribute
20 Essential
Labor &
Postpartum
Bags

\$1500

Healing
AMBASSADOR



Contribute
50 Essential
Labor &
Postpartum
Bags

\$3750

\$75 Contribution

1 x Essential Labor &
Postpartum Bag

Healing
DONOR



100% of your contributions to the Healing Mama™ Giving Program goes directly towards covering the cost of the high quality, hospital grade products in each Essential Labor & Postpartum Bag + shipping costs.

Any additional costs are contributed by volunteers (production, outreach, etc.)

Healing Mama™ Co. is built on

3 PILLARS:

REVOLUTIONIZE



Revolutionizing the childbirth industry through our creation of the 1st Labor & Postpartum Bags and Bundles.

EASE OF ACCESS



Easy access to the largest catalog of childbirth & postpartum parental care products.

GIVE BACK



Giving back directly to birth workers and vulnerable expectant parents in underserved communities.

HEALING MAMA™ CO.

LET'S STAY
IN TOUCH!

<https://healingmamaco.com>



hello@healingmamaco.com



[@healingmamaco](https://www.instagram.com/healingmamaco)



[Healing Mama Co.](https://www.facebook.com/HealingMamaCo)



[@healingmamaco](https://www.tiktok.com/@healingmamaco)





#We Are Healing Mamas™
#We Are Prepared Partners™

LET'S STAY IN TOUCH!



@healingmamaco



Healing Mama Co.



hello@healingmamaco.com



www.healingmamaco.com



@healingmamaco



Healing Mama Co.