

## OUR STORY

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. It was filled with items I had NEVER heard of before, like Witch Hazel or Padsicles + so much more. At that moment it occurred to me that in all my baby preparation I had not done any preparation for myself!

Needless to say, I spent the next month researching solely for me and what I'd be going through. I scoured the internet for "labor & postpartum kits" and was disappointed by the cost to quantity ratios and most of all that there wasn't a single kit that included ALL the items, I now knew I'd need.

That home made "Mom Must Have Bag" gift that was given to me has now grown into the Healing Mama™ Co. is a safe and trusted home where ALL parents-to-be can come and find EXACTLY what they need and want to THRIVE through labor, delivery, and their postpartum journey!

We understand that each and every woman's pregnancy, labor, and postpartum experience is unique, new and different. If you have any questions or concerns please feel free to contact us.

*With so much Love, Light and Joy,*

**RHOWENA ADOLFO PATEL**  
HEALING MAMA AND FOUNDER

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📷 @healingmamaco

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f Healing Mama Co.

The Healing Mama Co. Kits are the most comprehensive and user friendly labor and postpartum gift any mom-to-be could ever need. The instructions, educational material, completeness and ease of use makes this gift a no-brainer. Healing Mama Co. has done all the work selecting the absolute best, most practical and necessary items for your loved one.

ALISON  
HEALING MAMA CO. CUSTOMER

## HEALING MAMA™ CO. GIVING PROGRAM



*\$10 from each Ultimate Labor + Postpartum System & C-Section Labor + Postpartum System goes towards the Healing Mama™ Giving Program.*

*\$5 from each Essential Labor + Postpartum System & Essential Birthing Partner Labor + Postpartum System goes towards the Healing Mama™ Giving Program.*

These funds are put together so that we can donate our Healing Mama™ Labor + Postpartum Systems to organizations and birth workers in the most under-served communities and/or to vulnerable parents-to-be. We will distribute our donated Healing Mama™ Labor + Postpartum Systems on a quarterly basis. Healing Mama™ Co. will cover all labor and shipping costs.

#WeAreHealingMamas™  
#WeArePreparedPartners™

WWW.HEALINGMAMACO.COM  
WWW.HEALINGMAMACO.CA



## HEALING MAMA™ CO. LABOUR + POSTPARTUM SYSTEMS



We are your **ONE STOP SHOP**, bringing ALL expectant Parents:

**The Most Thorough, Practical & Thoughtful  
Labor + Postpartum Systems, Bundles, and Products!**



## OUR SYSTEMS

Designed to aid mamas-to-be 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.

We have designed our Healing Mama™ Co. Labor + Postpartum Systems to complement your hospital bag. So, if you were wondering "should I bring both?" the answer is a big YES!

Plus, we have put together 12+ practical and always thoughtful Healing Mama™ Bundles and 100+ Add On Items from trusted brands to choose from so that you can truly customize your Healing Mama™ Labor + Postpartum System to fit you perfectly!

## COMPARE OUR SYSTEMS

ITEMS	ESSENTIAL	C-SECTION	ULTIMATE
Healing Mama Co. Guide & Personal Journal, Pen + Penny Simkin's Birthing Material	Downloadable Version	✓	✓
Beautiful Foldable Weekender Bag	✓	✓	✓
Travel Packing Cubes & Pouches Set	✓	✓	✓
Reusable Clear Cases	✓	✓	✓
Essential Padsicles Kit Complete with:			
Insulated Freezer Tote	✓	✓	✓
Step by Step Instructions & FAQ's	✓	✓	✓
Application Spray Bottle	✓	✓	✓
Aloe Vera Gel, 113g	✓	✓	✓
Alcohol Free Witch Hazel, 89ml by Thayer's	✓	✓	✓
Heavy Flow Maternity Pads by Natracare	✓	✓	✓
Unscented Vegetable Glycerin Soap Bar by Unscented Co. 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 by Boiron - Postbirth Muscle & Pain Relief	✓	✓	✓
TheraPearl 3-in-1 Breast Therapy Pads by Lansinoh	✓	✓	✓
Disposable Overnight Underwear (Diapers)	✓	✓	✓
Ultimate Upside Down Vajjayjay 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	✓	✓	✓

## #WeAreHealingMamas™



The Ultimate Labor + Postpartum System

\$208.88



The C-Section Labor + Postpartum System

\$168.88



The Essential Labor + Postpartum System

\$78.88

## #WeArePreparedPartners™



The Essential Birthing Partner System

\$78.88

We know the impact of being a prepared, confident, and supportive birthing partner! With the Healing Mama™ Co. Essential Birthing Partner Labor + Postpartum System we hope to support and guide you through this life changing experience.

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Designed to provide Birthing Partners with added confidence, peace of mind, and support in the miracle of childbirth and through to your postpartum journey.

What's included:

- Healing Mama™ Co. Birthing Partner Guide & Fitness Guide + Pen
- 15L Foldable Backpack
- Travel Packing Cubes & Pouches
- Feel New, Relax, & Revitalize Artisanal Tea by Pukka, 3 sachets
- Unscented Natural Deodorant, 50 g stick by Green Beaver
- Sport Electrolyte Drink Powder Mix by Ener-C, 3 packets
- Sweet & Creamy Coffee Sachets by Nescafe, 2 packets
- Antiseptic Wipes, 5 individually wrapped packets
- Assorted Granola Minis by Made Good, 3 packs
- Birthday Cake Protein Bar, 21 g by Quest Bar
- Reusable Water Bottle, 700 ml
- 100% Cotton Face Towel
- Eye Mask & Ear Plugs
- Washable Face Mask
- Chewy Mint Mentos
- Hydrating Lip Balm
- Inflatable Pillow
- Fleece Blanket *\*styles will vary*
- Laundry Bag *\*styles will vary*
- Soft Tissue
- Slippers *\*styles will vary*