



Womb

- 1) A place where something is begun or developed.
- 2) A place where something is conceived.
- 3) A hollow space enclosing something.

[www.traditionaldoula.com](http://www.traditionaldoula.com)



Contact Us

**Website**

[www.traditionaldoula.com](http://www.traditionaldoula.com)

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**One Village Alliance Freedom Center  
31 W. 31st. St. Wilmington, DE 19802**

**Book your appointment today!**



THE  
Womb  
CENTRE



# Bone Closing

A traditional ceremony to honor mother and acknowledge the spiritual and physical transitions.

Guides bones, pelvis and uterus back into place and stimulates blood flow.

Assists with bringing the spirit back into the body. Trauma release.

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# Steaming



Yoni

## Female Steaming

- Balances hormones
- Supports fertility
- Reduces stress / depression
- Detoxes uterus
- Womb support (PMS, PCOS, fibroids, endometriosis, pelvic inflammation)
- Postpartum support

Lingam



## Male Steaming

- Balances hormones
- Supports fertility
- Reduces stress / depression
- Stimulates circulation
- Relieves pelvic floor tension
- Cleanses the pelvic bowl
- Improves prostate health
- Overall health

# Foot Detox



- Removes toxins from the body
- Reduces swelling
- Balances PH levels
- Reduces stress and improves mood.
- Improves circulation.



## Additional Services

- **Womb Massage**
- **Nutritional Consultation**
- **Group Circles**
- **Wellness Shop**

*Enjoy a cup of tea and grounding & meditation with each session if preferred.*