



# Services and Pricing Guide

  
ILLUMINATE  
*with Nikola*

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



# Hey Birth Bestie!

Birth is a sacred and often overlooked rite of passage. Newborn Mothers deserve reverence and care. Society has long forgotten this understanding which is where I come in. I am here to fill the gap, pick up the pieces and care for you in the way you deserve.

***I deeply believe in you and your ability to birth your baby.***

I believe personalised birth education is vital to a positive birth experience, ensuring you feel safe and prepared when stepping into the birthing realm and beyond. I will guide you back to yourself and remind you to believe in your intuition and your power as a woman.

***Birth is transformative, for better or worse. When you invest in your journey and take responsibility for your birth, you give yourself and your baby the best chance of a positive start.***

I have three Birth Doula Packages to select from and two Postpartum Packages so that you can choose the exact support you need. I hope you find what you are looking for here, and wish you all the best.

*With kindness, Nikola*

Founder, Illuminate with Nikola

# A Little About Me

Thank you so much for taking the time to look at my offerings. I'm Nikola, a birth Doula, Photographer and Hypnobirthing Practitioner servicing the Northern suburbs of Perth/Boorloo.

I've got two young children that may be the reason I am here Doula-ing today. A fire started in my belly when I began researching about VBACs in my second pregnancy. I can confidently say both of my birth experiences have lead me to care so deeply about this work. Oh and I'm also a total birth nerd! Besides working, I love writing, chatting, teaching and having picnics with my kids.

Since my doula training in 2022 I have participated in many workshops and training courses to expand my birthy horizons including VBAC, Birth Mapping, Spinning Babies and Trauma Informed Care. I am also stoked to offer the Hypnobirthing Australia Positive Birth Program to you. I'm dedicated to on-going learning and helping you with practical ways to be calm in those difficult postpartum moments.

I LOVE building community for mums in Perth and often run Mumma Meetups for pregnant and postpartum mummas to meet and chat.... I hope to meet you at one soon!



# How It Works

01

## BOOK A DISCOVERY CALL

We have a no obligation zoom chat (or coffee date if you're local) to see if we vibe and will work well together.

02

## SIGN THE CONTRACT

So we've met and you're keen, if I am too I will flick you a contract to digitally sign. You'll have to let me know at this stage which package you're after.

03

## PAY YOUR INVESTMENT

You only need to pay a 30% deposit to be locked in, the rest is due at 36 weeks gestation. I'll send you an electronic bill and reminders to make it all easier.

04

## LETS DOULA THIS!

Once you've paid your deposit and signed your agreement we can have our first session together, exciting! Make sure to write down any questions or things you want to chat about.



## COMMUNICATION

### CONTACT DETAILS

0447 177 975  
illuminatewithnikola@outlook.com  
Marangaroo, WA

### CONTACT HOURS

Text and email: 9am - 7pm  
When on call: 24 hours

### WEBSITE

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

### SOCIAL MEDIA

@illuminatewithnikola





# Illuminate Birth

This package covers all your bases with comprehensive antenatal catch ups where we chat about everything you need to feel comfortable for your upcoming birth. I go on call at 38 weeks and provide intuitive birth support with whatever comfort measures you need on the day. We meet again for one nurturing postpartum catch up.

## WHAT YOU RECIEVE:

- ✓ Two in-home antenatal sessions
- ✓ Support with planning and preparing for your best birth and postpartum
- ✓ My 'Homebirth Mumma' workbook with loads of informational resources
- ✓ On call from 38 weeks with intuitive birth support
- ✓ I'll order your favourite Uber Eats meal after birth (obviously the most important job)
- ✓ One nourishing in-home postpartum visit ,and ofcourse I'll bring snacks!

DOULA ONLY

**\$1,800**

DOULA & GROUP  
HYPNO COURSE

**\$2,320**

# Illuminate Mumma



The ultimate birth bestie package! Over 3 sessions (plus phone support in the meantime) we discuss your dream birth and the physiology of your body in labour, we go through your wants and needs while birth and postpartum mapping plus and we'll look at optimal positioning, breathing and hands on techniques for comfort in labour. You'll have free access to borrow my birth pool (pumps included), tens machine, birth sling, CUB and Robozo. Birth photography and two nourishing postpartum visits. Everything is covered leaving you so ready and excited to enter the birth realm.

## WHAT YOU GET:

- ✓ Three in-home antenatal sessions plus my 'Homebirth Mumma' Workbook
- ✓ Support with planning and preparing for your best birth and postpartum
- ✓ Free Access my birth pool, tens machine and birth sling, plus informational resources (\$150 refundable deposit for birth pool)
- ✓ On call from 38 weeks with intuitive birth support and photography
- ✓ Full gallery of labour, birth and golden hours available within 6 weeks of your birth
- ✓ I'll order your favourite Uber Eats meal after birth (obviously the most important job)
- ✓ Two nourishing in-home postpartum sessions to help with breastfeeding, baby-wearing, housework, child minding, help you rest and ofcourse I'll bring snacks!

YOUR INVESTMENT

**\$2,800**

Option to add a Hypnobirthing Class (12 hours)

Group Class

\$520

Private Class

\$750

# Illuminate Beyond



The most nourishing and inclusive package you will find, I have considered everything you need in those early weeks and combined them make the most opulent package for you including Hypnobirthing, birth photography, four postpartum sessions plus a baby carrier, private yoga, in home massage, meal delivery and more.

YOUR INVESTMENT  
**\$4,800**

## YOU'LL RECIEVE:

- ✓ Three in-home antenatal sessions
- ✓ Private or group Hypnobirthing Class
- ✓ Support with planning and preparing for your best birth and postpartum, plus My 'Homebirth Mumma' workbook with loads of informational resources
- ✓ Private Prenatal Yoga with Your Bright Beginnings
- ✓ In home Pregnancy Massage
- ✓ Free Access my birth pool, tens machine and birth sling, plus informational resources (\$150 refundable deposit for birth pool)
- ✓ On call from 38 weeks with intuitive birth support and photography
- ✓ Full gallery of labour, birth and golden hours available within 6 weeks of your birth
- ✓ Four nourishing in-home postpartum sessions to help with breastfeeding, baby-wearing, housework, child minding, help you rest and ofcourse I'll bring snacks!
- ✓ Two package of meal deliveries from The Whole Bowl Co.
- ✓ Soft baby carrier wrap
- ✓ Private postpartum Yoga Session with Your Bright Beginnings
- ✓ In home Postpartum Massage
- ✓ Choose between a Cleaner (one time) or a Lactation Consultant (one time)



# Illuminate Postpartum



Be completely nurtured during our time together, I will be there to have a coffee and a vent when you need it most. We can do some postpartum education around healing and nutrition as well as hands on support for you, your baby, your family and your home. I can help you work on mindfulness practices to get through those tough times and remind you that you've got this. Trust me to support you during this time. You can text or email me anytime for the next 6 months.

6 HOURS (3 SESSIONS)

**\$650**

12 HOURS (6 SESSIONS)

**\$1,100**

## WHAT YOU GET:

- ✓ A session in pregnancy to plan and prepare for your best postpartum
- ✓ Chat about your birth (optional) and how you're feeling - have a vent, I am completely non-judgemental
- ✓ Help around the house: dishes, folding, sweeping, taking out the rubbish
- ✓ Assist with cooking meals and preparing snacks (I will also bring meals and snacks with me)
- ✓ Help with older children or pets
- ✓ Watch baby while you have a nourishing rest or selfcare practice
- ✓ Share wisdom on babywearing, breastfeeding and postpartum selfcare rituals
- ✓ Invitation to my Mumma meetups



# Additional Services



Private Hypno-birthing Class	A 12 hour private course in the comfort of your own home (price is for Doula clients)	\$750
Group Hypno-birthing Class	A 12 hour course in a group setting (price is for Doula clients)	\$520
Pregnancy Support	A three hour in home session to chat about anything you need to at the time (or education or birth mapping)	\$185
Additional Postpartum	An additional 4 hours of postpartum care to be used over two sessions	\$220
Mentoring	Pregnancy, postpartum or parenthood mentoring. One hour zoom session.	\$60

# What You Get When We Work Together

## 1 **Pregnancy support**

Birth education to have you feeling confident in your body, discuss your dream birth, your preferences and desires and complete a birth mapping session.

## 2 **Labour Preparation**

Optimal maternal positioning, relaxation massage and techniques, working with your partner to show them hands on helpful things, breathing, relaxation.

## 3 **Resources**

Podcast and book recommendations, access to my Doula library of books to borrow. informational resources included in my 'Homebirth Mumma' Workbook and intuitive offerings along the way.





4

#### **Borrow for birth** (if included)

Birth pool, tens machine, birth sling and CUB (Comfortable upright birth) all available for you to use during your labour and birth plus I'll bring my Mary Poppins Doula Bag containing all of the things we may need.

5

#### **Birth Attendance**

I'm on call for you from 38 weeks and will be there for you throughout your labour and birth offering affirming words and comforting touch, I can set up your birth space and give your partner a break when needed.

6

#### **Photography** (if included)

Capturing the moment you have been dreaming of, as your baby is born so to are you. You will receive a full gallery within 6 - 8 weeks after your birth which you have full access to download any and all images.

7

#### **Postpartum**

In home visits offerings snacks, chats, light housework (stack your dishwasher and fold your clothes), help with baby or older children, breastfeeding, baby wearing support and mindfulness practices.



# Testimonials

## Ashleigh Collier

Hiring Nikola was the best decision we made. Nikola provided so much education on physiological birth and all my options, that I felt confident making the decisions I did, as well as being fully supported by her. My husband also found having Nikola extremely valuable and he also really enjoying having her support. Nikola, from the bottom of our hearts, thank you so much for all your support and ensuring everything went as smoothly as it did. I would absolutely recommend Nikola to anyone and everyone who is having a baby, regardless of whether it is your 1st or 5th

## Jeahan Solomon

Nikola helped both myself and my partner so much during pregnancy, labour, birth and still to this day she's an incredible support person and my baby is already 2 months. If you feel called to or align with Nikola I would definitely recommend. She knew exactly what I wanted. I wouldn't have had the head space I had without her support. If you feel scared of advocating for yourself in hospital as I know how tough it can be a doula is definitely a HUGE help in navigating your way through the system and knowing what your rights are and how to best apply it. Nikola helped us advocate in an amicable way when they were pushing for my third c section, which in turn made me feel so strong and powerful.

## Katie Forte

Thank you from the bottom of our hearts for being such an incredible support person during pregnancy with your birth classes and then being present during the birth of our baby boy. Your work, passion, knowledge and support is truly an inspiration and womankind is lucky to have you.

## Tanayah Andre

You are a natural birth photographer and we were so excited to see your final shots of our special golden hours. The whole pregnancy I couldn't decide if I wanted a photographer in the room or not, but now after seeing the moments you captured I wish I had booked you as our birth tog for all of our previous births! I feel your services were more than just a 'photographer', you showed up with such a confident and beautiful energy and were also extremely helpful towards me and also with our toddler. We will cherish these photos and moments forever! You are such a natural and anyone would be lucky to have you in their birth space. Thank you for being you. :)



# Let's Doula This!

Thanks for taking the time to read through my services and offerings! I hope you've found what you're looking for.

I want you to feel completely supported, informed and nourished throughout your pregnancy, birth and postpartum. This is such a crucial time that deserves extra care and support.

How you perceive your birth will make you as a Mother, let's ensure it's the absolute best it can be!

You are so worthy of receiving the best care and I wish you all the best.

I would absolutely love to hear from you if you think we would vibe! You're welcome to arrange a FREE no-obligation zoom call so that we can meet and see how we would work best together - just head to my website or email me directly to arrange.

With thanks and kindness,

*Nikola*

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