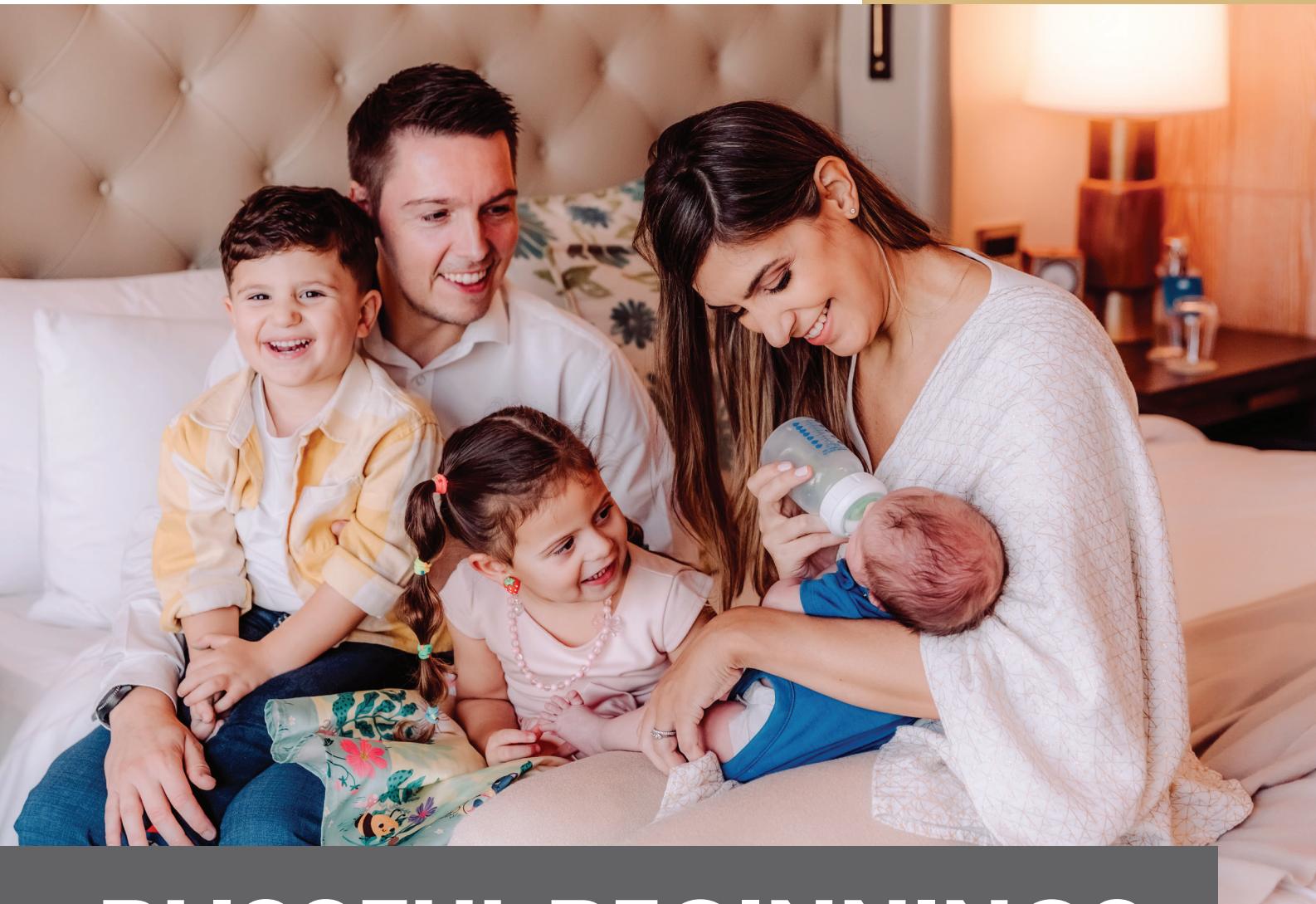




VISIT US BY SCANNING  
[www.blissfulbeginnings.ae](http://www.blissfulbeginnings.ae)



**BLISSFUL BEGINNINGS  
POST-NATAL RETREAT  
DUBAI, UAE**

# Your Experience

## Pre-birth:

- ✓ We organize an initial phone contact or meeting to understand your needs and objectives for the pre and postpartum period.
- ✓ During our meeting, we take the opportunity to discuss and finalize your personalized programme based on your needs and electives as follows:

- Wellness Holistic therapy
- Emotional & Parenting guidance
- Lactation & Bottle-Feed counseling
- Nutrition Counseling
- Physical recovery therapy
- Beauty therapy
- Care, bond & Discover baby
- Childcare Support



- ✓ Some programs will be focused on You and Baby.
- ✓ Other programs will be focused on the Family including Fathers and/or Siblings.

## Booking:

- ✓ We finalize and agree on your bespoke program, which can cover pre-birth, birth and postpartum support.
- ✓ You book your stay with us.

## Birth (optional):

- ✓ A postnatal coach will accompany you at the hospital and stay with you during the delivery.

## Postpartum:

- ✓ When Baby is born, we come and pick you -up from your location either directly from the hospital or from your home.
- ✓ Once at the retreat, we will do daily activities based on your programme.
- ✓ Our services are held privately in the comfort and discretion of your own room. Your chosen program is adaptable during your stay based on how you feel and what you would like to do.
- ✓ We will adjust to your own pace and deliver smoothly and intuitively.
- ✓ The objective is for you to rest, rejuvenate &recover at your own pace.

## After the Retreat:

- ✓ When you leave, it won't be a goodbye; you'll stay connected with us:
- ✓ You can come back anytime you wish, or
- ✓ Join the Anywhere program, where you will continue to have access to our team of experts the next 12 months following birth to ensure we support and care for you every step of the way.



# OUR TEAM COUNTS:

- Midwives or Certified Postpartum / Birth Coach
- Qualified Parent Counsellor
- Lactation Consultant
- Experienced Holistic Wellness Counsellor
- Qualified Nutrition Counselor
- Postpartum Fitness Coach
- Beauty therapists
- Qualified Childcare Professionals

From offering expert nutrition insights and managing meal-based menus to crafting tailored exercise regimens, sleep optimization strategies, relaxation techniques, posture correction, and the cultivation of positive mental health practices, we are committed to equipping you with a toolbox of postpartum hacks.

## OUR CREDENTIALS

### All of our professionals have:

A combined 40 years' experience in birth & postpartum care

Required accredited certifications and Bachelor's Degree

Continuous training and coaching from recognized professionals in their respective field

Helped 100+ couples at birth & postpartum

Our highest standard of staff, modern interviewing process, reference checking and world-class training program will ensure the highest quality care and professionalism for your family.

As part of the booking process you will have time to review our professional profiles/credentials so that you are comfortable with the person caring for your precious family.



# OUR RETREAT

Our retreat is located in 3 gorgeous locations.

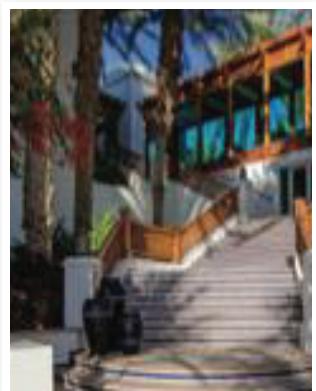
## 5 star Luxury Mandarin Oriental in Jumeira, Dubai.

You will be staying in our luxurious Suite with Mom & Baby's amenities.



## 5 star Park Hyatt in Dubai Creek, Dubai.

You will be staying in our premium room with Mom & Baby's amenities.



## 4 star Mama Shelter by Groupe Accor in Business Bay, Dubai.

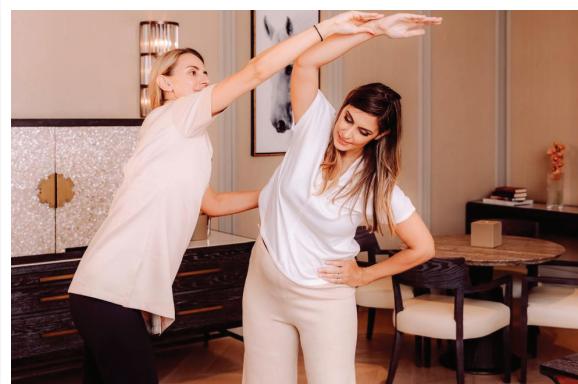
You will be staying in our comfortable connected set of rooms with Mom & Baby's amenities.



# OUR POSTPARTUM PROGRAMME

## 0-8 weeks after childbirth

This phase is dedicated to your well-being and the establishment of bonds with your baby, as well as the adjustment to your new role as a mother, physically and mentally. We also offer guidance in fostering a connection between your mental state and your 'powerhouse,' encompassing muscles like your back muscles, diaphragm, abdominal muscles, and pelvic floor.



## ELIGIBILITY

1. Choose which programme is better suited to your recovery
2. Choose your location either the Mandarin Oriental or Park Hyatt
3. 3 / 5 / 7 nights' stay. Competitive pricing for stays over 7 nights
4. Please contact us to book / enquire

services	Mama Shelter Program 4★	Park Hyatt Program 5★	Mandarin Oriental Program 5★luxury
Room Size	55 Square meters	55 Square meters	120 Square meters Suite
Dedicated Postnatal Team for Mom & Baby	12 hours	12 hours	24 hours
Lactation & Bottle Feeding Support	✓	✓	✓
Nutrition & Hydration Guidance	Add on	✓	✓
Private Parent counselling session	✓	✓	✓
Movement & Relaxation for Mom	Add on	Add on	✓
Emotional Wellness & Holistic Therapies	Add on	✓	✓
Nutritious Dining for mothers	✓	✓	✓
Private childcare support Flexible Day/Night Shift Coverage	12 hours	12 hours	24 hours
Hands-on Baby Care & Bonding Activities	✓	✓	✓
Baby Sleep Support & Routine Building	✓	✓	✓
Baby Developmental Milestones	Add on	✓	✓
Preparing to Return Home – Routines & Practical Tips	Add on	✓	✓
Private transfer to the retreat	Add on	Add on	Add on
Family Photoshoot Keepsake	Add on	Add on	✓
All-Inclusive Nightly Rate For 2 adults and 1 baby (up to 1 year)	2,580	3,600	7,500

\*Add-on items are available at a separate charge

\*\* Rates are exclusive of 10% service charge, 7% municipality fee and 5% VAT

# Optional Services

## Fulfill all your needs with additional signature sessions:

- ☒ Additional 60min wellness recovery therapy (AED600 per session). Detailed list available upon request.
- ☒ Additional 12hour additional childcare support (AED600 per session)
- ☒ Additional 90minute closing of the bone ceremony (AED1000 per session)
- ☒ Private transfer to the retreat (AED250, available to Dubai based guests)

## Medical corner

### Optional additional sessions

- ☒ Osteopathy
- ☒ Physiotherapy
- ☒ Gynecology
- ☒ Psychology
- ☒ Dermatology
- ☒ Pediatrics

**Advanced booking required (AED 650 per session)**

## Bespoke program

Are you looking for a different program?

We offer bespoke pre-birth ad postpartum programs around 6 main pillars:

1. Emotional Support
2. Lactation Counselling
3. Nutrition
4. Holistic Wellness therapies
5. Babycare support & bonding activities
6. Beauty therapies

Contact us on +971 52 1888835

Website: [www.blissfulbeginnings.ae](http://www.blissfulbeginnings.ae)

Instagram: [blissfulbeginnings.dxb](https://www.instagram.com/blissfulbeginnings.dxb)



## ABOUT MARIE

Marie is a birth & postpartum coach whose expertise lies in breastfeeding, baby wearing, sound healing and relaxation therapies as well as belly binding. She is well rounded when it comes to postpartum care and support to new parents.

## COACH LOVE

*“Your body made a miracle, and now it's time to honor and love it as such.”*  
Marie

## LANGUAGES SPOKEN

English    French    German



# Birth & Postpartum Coach

## AREAS OF EXPERTISE

- Guide and support new mothers in their birthing and postpartum journey.
- Provide a variety of Holistic wellness therapies such as massage, breathing exercises and music therapy to promote relaxation and comfort.
- Educate mothers on the birthing process and postpartum period to normalize the challenges and prepare for the arrival of baby.
- Provide belly binding sessions to help hasten the recovery process after childbirth.

## EDUCATION & CERTIFICATION

ThetaHealing Practitioner  
UAE

Breastfeeding Counsellor  
DE

Bachelor in Business Administration  
DE

Infant Formula and Bottle Feeding Specialist &  
Holistic Baby Coach  
DE



## ABOUT CECILIA

Cecilia is a birth and postpartum certified coach & baby-wearing counselor that enjoys guiding new parents on their parenthood journey. She likes to share her knowledge to positively impact the life of others.

## COACH LOVE

*“Your postpartum body is proof of your incredible strength and resilience.”*

*Cecilia*

## LANGUAGES SPOKEN



## Birth & Postpartum Coach

### AREAS OF EXPERTISE

- Provide comprehensive support and guidance to mothers during their pregnancy, labor, birth and postpartum period.
- Utilize various techniques such as massage, breathing exercises, hydrotherapy, and music to promote relaxation and comfort.
- Educate mothers on physical and emotional changes during pregnancy, labor, delivery and the postpartum period.
- Provide information on community health and social resources.
- Provide individualized guidance and assistance in relation to baby-wearing requirements.
- Provide practical tips when it comes to baby handling and returning home practicalities.

### EDUCATION & CERTIFICATION

The Wise Hippo Hypnobirthing Certification  
UK

Breastfeeding counselor at Breastfeeding Friends  
UK

Babywearing counsellor  
UK

DONA International Certification  
UAE



## ABOUT DR. SOULAF

Dr Soulaf has over 15 years of experience and knowledge in the Lactation field. Dr Soulaf supports mothers who are experiencing breastfeeding challenges such as latching difficulties, painful nursing, low milk production, oversupply, and much more. When it comes to baby feeding challenges, Dr Soulaf is the expert.

## COACH LOVE

*"You are not alone, every breastfeeding challenge has its own solution" Dr. Soulaf*

## LANGUAGES SPOKEN

English    French    Arabic



## Lactation Expert

### AREAS OF EXPERTISE

- Strong experience in breastfeeding management offering practical solutions to new moms and babies
- Women support & empowerment in their breastfeeding journey
- Judgement free advice: Soulaf is here to support whatever your feeding choice is
- Good understanding of diverse emotional, and psychological response to lactation and parenting communication
- Provide tips and guidance on lactation based nutrition

### EDUCATION & CERTIFICATION

Holistic Lactation Degree  
US

International Board Certified Lactation  
Consultant (IBCLC)

Bottle Feeding Counsellor  
UAE

Baby Weaning Counselor  
UAE

Ph.D in Food Sciences  
FR



## ABOUT NATALIA

Natalia is a parent coach focused on supporting and educating parents to independently handle their life circumstances. With over 10 years' experience in psychology, Natalia offers practical tools and techniques in the areas of mindset change, emotions handling and psychological recovery state.

## COACH LOVE

*"Love yourself first, and everything else falls in line."*  
Natalia

## LANGUAGES SPOKEN

English   French   Russian



# Family Counselling & Parent Coach

## AREAS OF EXPERTISE

- Provide family support related to ancestral and family relationships: the parent-infant bond, new sibling relationships, relationships with in-laws and grand-parents.
- Work with different interpersonal issues & offer support and care in life transitions.
- Strengthen the children-mother relationship utilizing the "Healing through the Mother" strategy.
- Help relieve the effects of childhood and shock traumas.

## EDUCATION & CERTIFICATION

Systematic Family Counselling & Correction of Ancestral Programme

RU

Transpersonal Psychotherapy & Psychosynthesis

RU

Ericksonian Hypnosis and Hypnotherapy

RU

Arts Therapy Methods & Techniques in Psychology

RU

Crisis Psychology

RU

Higher School of Practical Psychology and Business

RU



## ABOUT AGATHE

Agathe is a Holistic Wellness Counsellor guiding new parents in their self-journey to overall health and well-being. She is a strong believer in the power of holistic and natural methods to bring long lasting effects to her clients' lifestyle.

## COACH LOVE

*“All together, we are part of something bigger, so let's practice!.”*  
*Agathe*

## LANGUAGES SPOKEN

English      French



## Holistic Wellness Counsellor

### AREAS OF EXPERTISE

- Accompany new parents on their Fitness and Wellbeing journey.
- Mentor new parents on healthy lifestyle activities and create customized wellness plans to manage developmental conditions.
- Provide mental care and support using various holistic and wellness techniques such as Art Therapy.
- Provide motivation, guidance, support, and encouragement in the postpartum phase.

### EDUCATION & CERTIFICATION

Reform Method Specialist

FR

Certified pre and post Natal Yoga Teacher

FR

Birth Doula, DONA Certification (ongoing)

UAE

Professional Dancer & Teacher

FR

Certification in Anatomy, Specialties: Body adjustment, Embodied Movements & Alignment

FR



## ABOUT FRANCISKA

Bringing a newborn baby home is a joyous yet demanding experience. Francisca understands the importance of providing exceptional care & support to you & your little one. Francisca has over 10 years of work experience in Hospitals and Maternity Wards in Dubai and Nigeria. She will be assisting you throughout your journey at Blissful Beginnings to address all your needs.

## COACH LOVE

*“When a mother nurses her baby, she is giving that child her name, her story, and her life’s song.” Francisca*

## LANGUAGES SPOKEN

English



## Baby Caregiver

### AREAS OF EXPERTISE

- Over 10 years work experience in hospitals and maternity wards in Dubai & Nigeria
- Provide attentive and nurturing care to newborns and babies
- Ensure proper feeding, diapering, bathing, and hygiene practice.
- Create a stimulating environment through age-appropriate playtime and activities.
- Monitor the baby's well-being, and comfort the baby when upset or fussy.
- Maintain a clean and organized baby surrounding.
- Share practical tips on baby developments.
- Adhere to any precise guidelines or practices set forth by parents.
- Keep up with the latest guidelines and techniques for newborn and baby care.

### EDUCATION & CERTIFICATION

Post Graduate diploma in Public Health

NRA

Burns & Plastic Nursing

NRA

Nursing Midwifery School

NRA

Nursing School

NRA



## ABOUT LENDA

Lenda is a well versed nutritionist specialized in healthy diet management in the postpartum phase (0-12 months after childbirth). Her specialty is to provide evidence-based nutrition advice and education to help new mothers make the right dietary decisions.

## COACH LOVE

*“Self-care is how you take your power back.”*  
*Lenda*

## LANGUAGES SPOKEN

English    French    Russian    Latvian



## *Nutrition Counselling*

### AREAS OF EXPERTISE

- Offer comprehensive nutritional assessments of nursing mothers, taking into account their individual health conditions, dietary preferences, and cultural considerations.
- Develop personalized meal plans that align with the specific nutritional requirements of breastfeeding mothers, ensuring optimal nutrient intake for both mother and baby.
- Provide guidance on food options and meal timings to promote healthy weight management for nursing mothers.
- Educate nursing mothers on the importance of consuming a balanced diet rich in essential nutrients such as iron, calcium, omega-3 fatty acids, and vitamins.
- Offer practical tips and strategies to address common challenges faced by breastfeeding mothers such as low milk supply or food allergies in infants.

### EDUCATION & CERTIFICATION

International Master in Dietetics and Nutrition, funiber  
ES

Prenatal Nutrition Training, Early Life  
AU

Nutritional Alliance  
AU

Nutrition Therapy for Fertility  
UK

Dietician Certificate, Early Life  
AU

Higher National Diploma in Dietetics  
FR



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