



Dos Latidos Birth Services
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Postpartum Sealing Offerings

The sealing ceremony is part of Mesoamerican Traditional Medicine and Indigenous Postpartum Care. In indigenous traditions around the world, the postpartum period is just as important as the prenatal and birthing process.

The intention of the ceremony is for the birthing person to feel loved, supported, secure and confident in their ability to heal, parent and thrive, in addition to forming relationships with their ancestors, plant allies, the elements and other birthing people and to remember they are not alone. Because the sealing ceremony can help cleanse, reconnect and reintegrate the self, body, mind, spirit, it is also helpful in healing other types of womb trauma (i.e: miscarriage, abortion, physical, emotional and sexual abuse) for all birthing folks.

With this offering, we welcome the closing of one cycle while preparing ourselves to be open for the next. These services are available after 6 weeks postpartum to families regardless of where they birth.

What's Included:

Vendas, Light Womb Massage and Belly wrapping

Using specific elastic bandages, we bind the abdomen and hips to increase stability in movement and support the abdominal muscles. This assists in supporting the pelvic floor muscles, ligaments and fascia that have done so much hard work during pregnancy. Moxibustion over the abdomen and pelvis are also used to facilitate healing and warmth.

Plant Medicines and Relatives

Working in relation with specific plants, we can guide healing and recovery giving thanks for their support. Utilizing a *bajo*, or vaginal steam bath, followed by a *baño* or herbal bath, then a *limpia* or herbal sweeping, and nourishing teas and infusions, we invite a nurturing recovery.

Bone Closing and Ceremony

With rebozo medicine, we seal off this cycle and get ready emotionally and spiritually to become open for a new cycle in our lives. We seal or hold the bones closed with the cloth, working with *cantos* or songs and practice honoring our ancestral guides.