



LAURA PRESS

LABOR DOULA

POSTPARTUM DOULA

POSTPARTUM MEAL COOKING, TWINS, REIKI PRACTITIONER, COMMUNITY
HERBALIST, MAYAN ABDOMINAL MASSAGE PRACTITIONER

ABOUT ME

When I'm not working, I like to be in my garden, hiking, swimming in the ocean, cooking, creating and making my own herbal medicines, and laying in my hammock. One of my greatest passions is to immerse myself in new cultures, and spontaneous travel adventures around the world!

WHAT MAKES YOU A GREAT CARE PROVIDER?

I have been a caregiver for most of my life and I'm experienced in working with humans of all ages from newborn to elderly, all colors, shapes and sizes. I work within the philosophies of the families I serve, offering non-judgmental guidance and education when needed or requested. I consider myself someone who provides the right balance of quiet supportiveness and advice giving to my clients, and I am unbiased in preferences when dealing with sensitive situations. I have excellent listening and communication skills, I am flexible, adaptable, and dependable. Most importantly though, I have a calm, nurturing, and uplifting spirit, that brings a sense of peace and security to all the people I care for.

WHAT DO YOU ENJOY ABOUT THIS WORK?

I enjoy that through my work I can meet all types of different people, and I learn through my clients by exploring their cultural mores and rituals, in turn making me a better care provider. One of my favorite things to do for families is cook nourishing meals, and make homemade, and comforting remedies based on their needs. I feel honored to be invited, accepted and trusted to help people during some of their most vulnerable, exciting and challenging times, and offer guidance to whatever that individual is experiencing. I like to know that I'm helping bring back a sense of community and village care in a society where that has been somewhat lost.

WHAT SETS YOU APART FROM OTHERS?

Through my travels, and experience working with different cultures, and groups of people, I have been given a unique perspective when it comes to caring for others. My passion for this work stems from a desire to create a community that empowers people to take ownership of their wellbeing, to provide compassion, and to nurture families during times of transition. All of my experiences have broadened my perspective forming my desire for birth, postpartum care, and healing work. I am constantly continuing my education with an emphasis in women's health, energy work, herbal and traditional medicine. I believe that my knowledge and understanding of newborn care, maternal care, child development, nutrition, as well as more of the emotional & mental aspects of this special time in a family's life allows for greater care.