

# EIRRA

POSTNATAL

## YOUR POSTPARTUM JOURNEY BEGINS WITH EIRRA

CARE PACKAGES & PRICE LIST

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The days and weeks following birth are a time of profound transformation. At Eirra, we provide exceptional postpartum care designed to nurture, restore, and support both mother and baby through this important chapter.

Combining expert clinical guidance with luxury wellbeing services, our bespoke experiences are tailored to the unique needs of every family. From private consultations and specialist support to restorative therapies and personalised care, Eirra offers a seamless continuum of postpartum services designed to help mothers recover, bond, and flourish with confidence.

Whether within the comfort of your own home or in one of our carefully selected luxury destinations, every Eirra experience is thoughtfully curated to provide reassurance, expertise, and unparalleled care.



## THE LILY EXPERIENCE

POSTPARTUM CARE AT HOME

FROM £1,250 PER DAY

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Personalised nurse-led postpartum support delivered within the comfort and familiarity of your home.

- Bespoke postpartum care tailored to the needs of mother and baby
- Dedicated nurse-led support
- Daytime, overnight, or 24-hour care options
- Private virtual consultations
- Specialist postpartum guidance and education
- Ongoing support throughout the early postpartum period
- Access to maternity nurses and midwives
- Women's health physiotherapy referrals and support
- Postnatal mental wellbeing practitioner support
- Personalised postpartum recovery guidance
- Belly-binding services
- Tailored nutritional and dietary recommendations
- Access to Eirra's trusted network of specialist practitioners

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## THE SANCTUARY

LUXURY POSTPARTUM RETREAT EXPERIENCE

FROM £2,250 PER DAY

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Personalised nurse-led postpartum support delivered within the comfort and familiarity of your home.

- Everything included within The Lily Experience
- Accommodation within a luxury partner destination
- Bespoke postpartum care plan tailored to your family's needs
- Dedicated daytime, overnight, or 24-hour support
- Private specialist consultations
- Women's health physiotherapy sessions
- Restorative therapies and treatments
- Personalised nutritional planning
- Curated postpartum wellness programme
- Emotional wellbeing support
- Access to luxury recovery amenities
- Continuity of care throughout your stay



## THE FLOURISH

SIGNATURE POSTPARTUM RETREAT EXPERIENCE

FROM £12,000

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The ultimate Eirra experience — an immersive postpartum retreat designed to provide complete care, recovery, and restoration during the earliest stages of motherhood.

- Luxury accommodation within an exclusive destination
- Dedicated nurse-led postpartum support
- 24-hour bespoke care for mother and baby
- Comprehensive postpartum recovery programme
- Private consultations with specialist practitioners
- Women's health physiotherapy
- Postnatal mental wellbeing support
- Restorative therapies and wellness treatments
- Belly-binding and recovery-focused practices
- Personalised nutrition and meal planning
- Educational resources and parenting guidance
- Ongoing continuity of care throughout your postpartum journey
- Fully tailored itinerary designed around your family's needs
- Concierge-style service and coordination

All experiences are individually tailored according to location, duration, travel requirements, and the level of support required.

Available in London and selected international destinations.