



SUNFLOWER

—LIVEWELL SOUTHSEA—

WOMB

WOMB MASSAGE
YONI STEAMING
CLOSING THE BONES
BIRTH KEEPING
MAMA BLESSINGS
ORACLE READING
CIRCLES AND EVENTS
CEREMONY & RITUAL

@SIM.PLYBE



SUNFLOWER

— LIVEWELL SOUTHSEA —

WOMB

TRAINED AND CERTIFIED
FOR MASSAGE & CEREMONY
VIA SANCTUARY OF SOPHIA
IN 2022 - ACCREDITED BY
IICT AND IPHM.

TRAINED AND CERTIFIED
FOR BIRTH KEEPING VIA
CONSCIOUS BIRTHING IN
2023 - A DOULA UK
APPROVED SERVICE



WOMB

— LIVEWELL SOUTHSEA —

MASSAGE

USING A MIXTURE OF DEEP TISSUE MASSAGE AND SHAMANIC JOURNEYING, WE MOVE THROUGH AND RELEASE ANY STAGNANT OR BLOCKED ENERGY HELD IN YOUR WOMB, OVARIES AND PELVIC AREA.

WE WORK ON THE ENTIRE AREA FROM THE BOTTOM OF THE RIB CAGE TO THE TOP OF THE PUBIC BONE, MEANING THAT THIS IS BENEFICIAL FOR THOSE WITH DIGESTIVE ISSUES TOO.

THE SESSION IS APPROX 2 HOURS.



WOMB

— LIVEWELL SOUTHSEA —

MASSAGE

WE MOVE THROUGH LAYERS OF THE EMOTIONAL, PHYSICAL, AND ENERGETIC BODIES TO CLEAR AND RELEASE WHAT NO LONGER SERVES, AND UNLOCK AND ACTIVATE LONG DORMANT POWER-POINTS WITHIN THE WOMB-SPACE.

THIS MASSAGE IS SHAMANIC IN NATURE. WE CREATE A SACRED SPACE, CONNECTING ABOVE AND BELOW, I MAY GUIDE US THROUGH SPECIFIC SHAMANIC JOURNEYS TO HEAL THE BLOCKAGES ON AN ENERGETIC LEVEL.



WOMB

— LIVEWELL SOUTHSEA —

MASSAGE

THIS IS FOR ANYONE WHO;

- HAS PERIOD OR WOMB RELATED ISSUES SUCH AS PCOS, FIBROIDS, ENDOMETRIOSIS ETC.
- HAS EXPERIENCED TRAUMA OR EVENTS THAT HAVE BLOCKED THE NATURAL FLOW OF THE WOMB
- STRUGGLES TO FEEL CONNECTED TO THEIR SEXUAL, SENSUAL OR CREATIVE SELVES
- WANTS TO CONNECT DEEPER WITH THEMSELVES OR THEIR ANCESTRAL LINEAGE



WOMB

— LIVEWELL SOUTHSEA —

MASSAGE

THIS IS FOR ANYONE WHO;

- STRUGGLES WITH FERTILITY OR FREQUENT MISCARRIAGES
- HAS A HORMONAL IMBALANCE
- WANTS TO FEEL MORE LIBERATED IN THEIR FEMININITY
- IS OPEN AND WILLING TO EXPLORE ALTERNATIVE MODALITIES
- TAKES RESPONSIBILITY FOR THEIR REALITY AND THEIR HEALING



WOMB

— LIVEWELL SOUTHSEA —

MASSAGE

PLEASE NOTE, THERE IS A 3 MASSAGE MINIMUM FOR ALL NEW CLIENTS. THE REASON FOR THIS IS TO ENSURE THAT WE GIVE THE WOMB-SPACE THE DEVOTION AND CARE IT NEEDS TO UNRAVEL AND BLOSSOM. YOU WILL NOTICE THAT EACH TIME WE DO A MASSAGE, WE SPIRAL DEEPER INTO THE WOMB.

THIS IS NOT SURFACE LEVEL WORK,
AND REQUIRES US TO BE SLOW
AND INTENTIONAL.



WOMB

— LIVEWELL SOUTHSEA —

MASSAGE

BOOK & PRICING

1 SESSION: £111 FOR 2 HOURS

3 SESSIONS: £222

**CONSULTATION FORM
REQUIRED TO BOOK**

**CONTACT SIMIN
@SIM.PLYBE**



YONI

— LIVEWELL SOUTHSEA —

STEAMING

YONI STEAMING IS AN ANCIENT PRACTICE THAT HAS BEEN USED FOR MILLENNIA ALL AROUND THE WORLD, FROM CENTRAL AMERICA, AFRICA, ASIA, AND EUROPE.

THOUGH IT HAS BEEN DESCRIBED AS A 'FAD' BY WESTERN MEDIA, IT IS INDEED AN AGE-OLD TRADITION ADOPTED BY MANY INDIGENOUS CULTURES THROUGHOUT TIME.



YONI

— LIVEWELL SOUTHSEA —

STEAMING

YONI STEAMING IS WHAT IT SOUNDS LIKE. IT'S BASICALLY FACIAL STEAMING, BUT FOR YOUR VAGINA.

YOU WILL SIT ON AN OPEN-SEATED STOOL, OVER A BOWL OF STEAMING HERBS, AND ALLOW THE HERBAL MAGICK TO TAKE PLACE WITHIN YOUR SACRED SPACE. THE GENTLE STEAM WILL PERMEATE YOUR VAGINA, CERVIX, UTERUS, PELVIS, HELPING TO RELAX MUSCLES AND LET GO OF TENSION.



YONI

— LIVEWELL SOUTHSEA —

STEAMING

THE WARM STEAM OF THE PLANTS HELP TO ENERGISE, RELAX AND REJUVENATE THE YONI, AS WELL AS HELPING TO CLEAR AND RELEASE STAGNANT ENERGIES.

AS WELL AS BEING EMOTIONALLY HEALING, IT ALSO HAS AMAZING PHYSICAL BENEFITS - AS MOST OF THE PLANTS USED ARE ANTI-BACTERIAL, ANTI-MICROBIAL, ANTI-FUNGAL ETC.



YONI

—LIVEWELL SOUTHSEA—

STEAMING

I OFFER A SELECTION OF
HERBS, SO YOU CAN WORK
WITH THE SPECIFIC PLANTS OF
YOUR CHOOSING. I ALSO GUIDE
YOU THROUGH A SHAMANIC
JOURNEY, USING WORDS,
DRUMMING OR SOUND
HEALING DURING YOUR STEAM.

I ALSO PROVIDE ENOUGH HERBS
FOR 2 MORE STEAMS SO THAT
YOU CAN DO IN THE PRIVACY
OF YOUR OWN HOME.



YONI

— LIVEWELL SOUTHSEA —

STEAMING

THIS IS FOR ANYONE WHO;

- HAS IRREGULAR CYCLES OR PAINFUL PERIODS
- STRUGGLES WITH FERTILITY
- HAS RECENTLY GIVEN BIRTH
- HAS PAIN DURING INTERCOURSE
- HAS A WOMB RELATED ISSUE SUCH AS PCOS, FIBROIDS, ENDOMETRIOSIS.
- GET CHRONIC YEAST INFECTIONS OR UTIS
- WANTS TO DETOXIFY THE BODY AND YONI



YONI

— LIVEWELL SOUTHSEA —

STEAMING

THIS IS FOR ANYONE WHO;

- WANTS TO RELEASE OLD OR STAGNANT ENERGIES
- HAS EXPERIENCED SEXUAL TRAUMA AND WANTS TO RELEASE STORED EMOTIONS
- WANTS TO FEEL MORE LIBERATED IN THEIR FEMININITY
- IS OPEN AND WILLING TO EXPLORE ALTERNATIVE MODALITIES
- TAKES RESPONSIBILITY FOR THEIR HEALING



YONI

— LIVEWELL SOUTHSEA —

STEAMING

BOOK & PRICING

£77 FOR 1 HOUR

**THIS INCLUDES ENOUGH
HERBAL STEAM FOR 2
ADDITIONAL STEAMS TO
TAKE HOME WITH YOU.**

**CONSULTATION FORM
REQUIRED TO BOOK**

**CONTACT SIMIN
@SIM.PLYBE**



CLOSING

—LIVEWELL SOUTHSEA—

THE BONES

CLOSING THE BONES IS AN ANCIENT PRACTICE THAT HAS BEEN USED ALL AROUND THE WORLD FOR MILLENNIA, FROM LATIN AMERICA, TO AFRICA AND ASIA.

IT IS A CEREMONY DESIGNED TO SUPPORT A BIRTHING PERSON'S BODY IN RECOVERING AND REALIGNING AFTER GIVING BIRTH.



CLOSING

—LIVEWELL SOUTHSEA—

THE BONES

WHEN IN LABOUR, THE CERVIX
OPENS AND YOUR INTERNAL
ORGANS & STRUCTURES MOVE
AND CHANGE SHAPE TO MAKE
WAY FOR YOUR BABY TO
ENTER THE WORLD.

IT IS SAID THAT WOMEN IN
LABOUR LEAVE THEIR BODIES
AND TRAVEL TO THE STARS TO
COLLECT THE SOULS OF THEIR
CHILDREN.



CLOSING

—LIVWELL SOUTHSEA—

THE BONES

THIS CEREMONY IS A BEAUTIFUL WAY OF CREATING A NURTURING SPACE FOR THE MOTHER TO COME BACK TO HERSELF, HONOUR THEIR INCREDIBLE JOURNEY AND CLOSE THE PORTAL THAT WAS OPENED DURING BIRTH. SHE CAN HAVE THE TIME AND SPACE TO PROCESS, REFLECT AND ACCEPT. WHILE THIS PRACTICE HAS PROFOUND EMOTIONAL AND SPIRITUAL POWER, IT ALSO PHYSICALLY HELPS TO REALIGN THE PELVIS, BONES AND HIP AFTER BIRTH.



CLOSING

—LIVWELL SOUTHSEA—

THE BONES

THE RITUAL BEGINS WITH A GENTLE WOMB MASSAGE, THEN WRAPPING THE MOTHER WITH SHAWLS OR SCARVES, USING SPECIFIC TECHNIQUES OF ROCKING AND BINDING THAT WERE SHOWN TO WESTERN BIRTH-KEEPERS BY ROCIO ALARCON.

WE THEN ALLOW YOU TO REMAIN IN YOUR COCOON FOR AS LONG AS YOU NEED, WHILE I DO SOME DRUMMING, READING OR JUST SIMPLY BEING PRESENT WITH YOU.



CLOSING

—LIVWELL SOUTHSEA—

THE BONES

IT IS WORTH NOTING THAT THOUGH ROCIO GAVE FULL CONSENT FOR THIS PRACTICE TO BE USED BY BIRTH KEEPERS IN THE WEST, SHE HAS SINCE REMOVED HER BLESSING.

WHILE I HONOUR HER CHOICE TO DO SO, I BELIEVE THAT THIS MEDICINE IS VERY NEEDED IN TODAY'S WORLD.

THEREFORE I HAVE CHOSEN TO CONTINUE IN SHARING THIS PRACTICE, WITH DEEP GRATITUDE AND REVERENCE FOR OUR ELDERS AND THE INDIGENOUS WAYS.



CLOSING

—LIVWELL SOUTHSEA—

THE BONES

THIS RITE OF PASSAGE IS NOT EXCLUSIVELY FOR MOTHERS. IT CAN ALSO BE A WONDERFUL WAY OF PROCESSING AND INTEGRATING ANY BIG LIFE CHANGE OR TRANSITION, SUCH AS DIVORCE, LOSS, DEATH ETC.

THE HIPS ARE KNOWN TO STORE A LOT OF TRAUMA AND TRAPPED EMOTION SO THIS PRACTICE WOULD BENEFIT ANYONE OF ANY GENDER, AGE, CIRCUMSTANCE OR BACKGROUND.



CLOSING

—LIVWELL SOUTHSEA—

THE BONES

BOOKING & PRICING

£111 FOR 2 HOURS

**CONSULTATION FORM
REQUIRED TO BOOK**

**CONTACT SIMIN
@SIM.PLYBE**



MAMA

— LIVEWELL SOUTHSEA —

BLESSING

A MAMA BLESSING CEREMONY IS AN OPPORTUNITY FOR YOU TO FEEL NOURISHED AND SUPPORTED BY YOUR LOVED ONES.

IMAGINE A BABY SHOWER, BUT MORE INTIMATE AND WITH A DEEPER ACKNOWLEDGEMENT & REVERENCE FOR THE MIRACLE OF LIFE.

THIS IS A RITE OF PASSAGE, ACKNOWLEDGING YOUR TRANSITION FROM MAIDEN TO MOTHER.



MAMA

— LIVEWELL SOUTHSEA —

BLESSING

RECEIVE ENCOURAGEMENT
AND LOVE AS YOU EMBARK ON
THE INCREDIBLE JOURNEY OF
BIRTH AND MOTHERHOOD.

USUALLY THERE WILL BE AN
ALTAR, AND I WILL BE THERE
TO HOLD THE CEREMONIAL
SPACE SO THAT YOU AND
YOUR LOVED ONES CAN JUST
FOCUS ON CELEBRATING AND
POURING LOVE INTO YOU.



MAMA

— LIVEWELL SOUTHSEA —

BLESSING

YOU CAN DECIDE EXACTLY WHAT
HAPPENS AT THE CEREMONY,
BUT HERE ARE SOME IDEAS..

- CREATING AFFIRMATION CARDS, LOVE LETTERS OR DRAWINGS FOR YOU TO TAKE INTO YOUR BIRTH
- SINGING AND DANCING TOGETHER
- MEDITATION, CALLING IN ANGELS AND GUIDES
- BELLY PAINTING
- FOOT OR HEAD MASSAGE



MAMA

— LIVEWELL SOUTHSEA —

BLESSING

- PAMPERING MOTHER-TO-BE AND ADORNING HER WITH FLOWERS
- BALL OF STRING THAT WE ALL TIE TO OUR HANDS, SO THAT YOU KNOW WE ARE ALL CONNECTED AND SUPPORTING YOU FROM AFAR AS YOU ENTER THE BIRTHING PORTAL
- MEAL SHARING
- RITUAL WALK IN NATURE



MAMA

— LIVEWELL SOUTHSEA —

BLESSING

BOOKING & PRICING

£222 FOR 3-4 HOURS

CONTACT SIMIN
@SIM.PLYBE



BIRTH

— S I M . P L Y B E —

KEEPING

A BIRTH KEEPER IS A TRUSTED PERSON WHO IS PRESENT WITH YOU DURING YOUR BIRTH, AS WELL AS YOUR PRENATAL AND POSTNATAL JOURNEY.

MY BIRTH-WORK IS BASED ON THE PREMISE THAT BIRTH IS A NATURAL, PHYSIOLOGICAL PROCESS. OUR MAMMAL BODIES KNOW EXACTLY HOW TO GIVE BIRTH AND HAVE DONE SO OUTSIDE OF THE MEDICAL SYSTEM FOR THE VAST MAJORITY OF HUMAN HISTORY.



BIRTH

— SIMPLY BE —

KEEPING

THERE IS A LOT OF EVIDENCE TO SUGGEST THAT MEDICAL INTERFERENCE CAN DISRUPT THIS NATURAL PROCESS AND IN DOING SO, REQUIRE ASSISTANCE - LEADING TO A CASCADE OF INTERVENTIONS.

MY ROLE AS A BIRTH KEEPER IS TO SUPPORT AND ADVOCATE FOR HOW, WHERE AND WITH WHOM YOU WOULD LIKE TO BIRTH. I OFFER A NON-JUDGEMENTAL, SAFE SPACE AND RESPECT YOUR CHOICES, HELPING YOU CREATE THE CONDITIONS THAT YOU WANT TO BRING YOUR BABY INTO THE WORLD.



BIRTH

— S I M . P L Y B E —

KEEPING

I DO THIS BY OFFERING SUPPORT IN EMOTIONAL AND NERVOUS SYSTEM REGULATION, BEING A CALM, PEACEFUL PRESENCE BEFORE, DURING AND AFTER BIRTH, AND SIGNPOSTING YOU TO NON-BIASED INFORMATION SO THAT YOU CAN MAKE AN INFORMED DECISION FOR YOURSELF AND YOUR FAMILY. I ALSO HELP TO ADVOCATE FOR YOUR NEEDS AND WISHES AT A TIME WHERE YOU NEED IT MOST, SO THAT YOU CAN FOCUS ON BIRTHING YOUR BABY!



BIRTH

— SIMPLY BE —

KEEPING

DONA INTERNATIONAL STATES,
“COUNTLESS SCIENTIFIC TRIALS
EXAMINING DOULA CARE
DEMONSTRATE REMARKABLY
IMPROVED PHYSICAL AND
PSYCHOLOGICAL OUTCOMES FOR
BOTH PREGNANT, BIRTHING, AND
POSTPARTUM PEOPLE AND THEIR
BABY. DOULAS HAVE A POSITIVE
IMPACT ON THE WELL-BEING OF
THE ENTIRE FAMILY.”

THIS HAS A PROFOUND EFFECT
ON THE COLLECTIVE - PEACE ON
EARTH BEGINS WITH BIRTH!



BIRTH

— SIMPLY BE —

KEEPING

PACKAGES & PRICING;

I AM CURRENTLY BEING
MENTORED BY DAISY DINWOODIE
- A BIRTH KEEPER WITH OVER 15
YEARS EXPERIENCE.

PLEASE NOTE THE PRICE FOR MY
DOULA SERVICES WILL DOUBLE
ONCE I AM FULLY QUALIFIED.



BIRTH

— SIMPLY BE —

KEEPING

**PACKAGES & PRICING;
£555, WHICH INCLUDES;**

- 3 PRENATAL MEET-UPS
- ON CALL FOR A MAXIMUM OF 2 WEEKS BEFORE AND AFTER THE DUE DATE
- 2 POST-NATAL CHECK-INS
- BORROWING ANY BOOKS, SIGN POSTING ETC
- MEALS MADE TO STOCK IN FREEZER
- HERBAL MIX FOR PERINEUM



BIRTH

— SIMPLY BE —

KEEPING

**PACKAGES & PRICING;
£888, WHICH INCLUDES;**

- 3 PRENATAL MEET-UPS
- ON CALL FOR A MAXIMUM OF 2 WEEKS BEFORE AND AFTER THE DUE DATE
- 2 POST-NATAL CHECK-INS
- BORROWING ANY BOOKS, SIGN POSTING ETC
- MEALS MADE TO STOCK IN FREEZER
- HERBAL MIX FOR PERINEUM
- 1 YONI STEAMING SESSION
- 1 CLOSING THE BONES CEREMONY
- 1 MAMA BLESSING CEREMONY