

Holistic care

Blessing Ceremony

€275

What It Is

The Blessing Ceremony, or Farewell to the Belly, is a heartfelt gathering held in late pregnancy (from 36–38 weeks). Rooted in ancient women's circles, it offers support, encouragement, and empowerment as the birth person prepares for birth.

How It Works

Unlike traditional baby showers, the focus is on honouring the pregnant person rather than material gifts. Loved ones gather to share poems, songs, prayers, and words of encouragement, creating a nurturing and supportive space. A key tradition is the blessing bracelet, where each guest adds a symbolic bead or stone as a wish for the mother and baby.

Creating a Special Atmosphere

The ceremony takes place in a calm, intimate setting, often decorated with candles and flowers. Activities may include:

- Belly painting, symbolizing the bond between mother and child
- Relaxing herbal foot soaks
- Guided meditations and birth visualizations
- Handwritten messages of encouragement, kept as keepsakes
- Rebozo Ritual to promote relaxation and connection for labour

The Blessing Ceremony helps ease stress and anxiety, boosts confidence in birth, and strengthens the mother's support network. It also fosters a warm, welcoming energy for the baby's arrival, making the journey to motherhood more empowering and connected.

Whether intimate or with a larger circle of loved ones, your Blessing Ceremony will be a sacred pause – a reminder that you are cherished, strong, and supported as you prepare for birth.