

Rebozo Ritual Ceremony

€170

Rebozo Manteada & Closing the Bones Ceremony

These two beautiful, traditional rituals using the Rebozo shawl are designed to nurture, support, and honour the birthing person through pregnancy, labour, and postpartum recovery.

What It Is

- Rebozo Manteada is a traditional Mexican practice used during pregnancy and birth. Through gentle rocking, jiggling, and massage with a woven shawl, it provides relaxation, comfort, and encourages optimal baby positioning.
- Closing the Bones Ceremony is a postpartum ritual that honors the body after birth. It involves massage, warmth, and firm wrapping with the Rebozo, symbolizing the "closing" of the body and spirit after the openness of pregnancy and birth.

Together, these practices create a continuum of care:

Manteada during pregnancy to prepare, and Closing the Bones postpartum to restore.

How It Works

During Pregnancy – Rebozo Manteada

- A Rebozo is wrapped around the hips, belly, or back.
- Gentle rhythmic movements (rocking, jiggling, or sifting) are applied.
- Benefits include:
 - Relief from muscle tension and back discomfort
 - Improved circulation
 - Encouragement of optimal baby positioning
 - Deep relaxation and emotional connection
- It creates space for reflection, empowerment, and preparation for labour.

After Birth – Closing the Bones Ceremony

- A calming, sacred environment is created with soft music and optional aromatherapy.
- Gentle abdominal, hip, and body massage helps release tension and promote healing.
- The Rebozo is used to firmly wrap the body at key points (head, shoulders, hips, legs, feet).
- While wrapped, you rest deeply – symbolizing closure, grounding, and being held.
- Benefits include:
 - Physical realignment of hips and pelvis
 - Emotional closure and space to process the birth
 - Release of tension and promotion of deep relaxation
 - Honoring your transition into parenthood

Why Choose These Rituals

- Supportive both before and/or after birth, offering a complete cycle of care
 - Rooted in traditional midwifery wisdom
 - Gentle, non-invasive, and deeply nurturing
 - Provides comfort, connection, and empowerment at each stage of the journey
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- €170 each – You may choose just the Rebozo Manteada during pregnancy or Closing the Bones Ceremony postpartum.
 - €300 to combine both for a complete cycle of care.

Whether preparing for birth with the Manteada or embracing healing through the Closing the Bones Ceremony, these rituals offer you a profound sense of care, connection, and renewal.

Contact me to learn more or book your session:

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