



Your Guide to Recovery and Renewal





Introduction

Here at Hummingbird Holistics we offer a full consultation that looks at how Jane can support you. It is the time after birth where your body heals, your hormones shift, and you meet your baby earthside while learning your new rhythm together.

At Hummingbird Holistics, we support your recovery through nurturing therapies, somatic grounding, nutrition, emotional support and rest rituals — honouring you as much as your baby.

This is not just postpartum.

This is your peaceful beginning.

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Aromatherapy tip - Mandarin Essential Oil is Calm & Comforting that helps ease queasiness while uplifting mood— ideal for low-energy or unsettled moments.

Meet Jane



Jane is a fertility and woman's health expert and treats clients using a holistic approach with an assessment looking at the body, its environment and its psychology through complementary therapy, somatic therapy, resilience coaching, breathwork and sound bathing. Whether this is your first fourth trimester or your fifth and every number in-between Jane will have a treatment plan bespoke for you. So glad to have you here with us.

with love Jane



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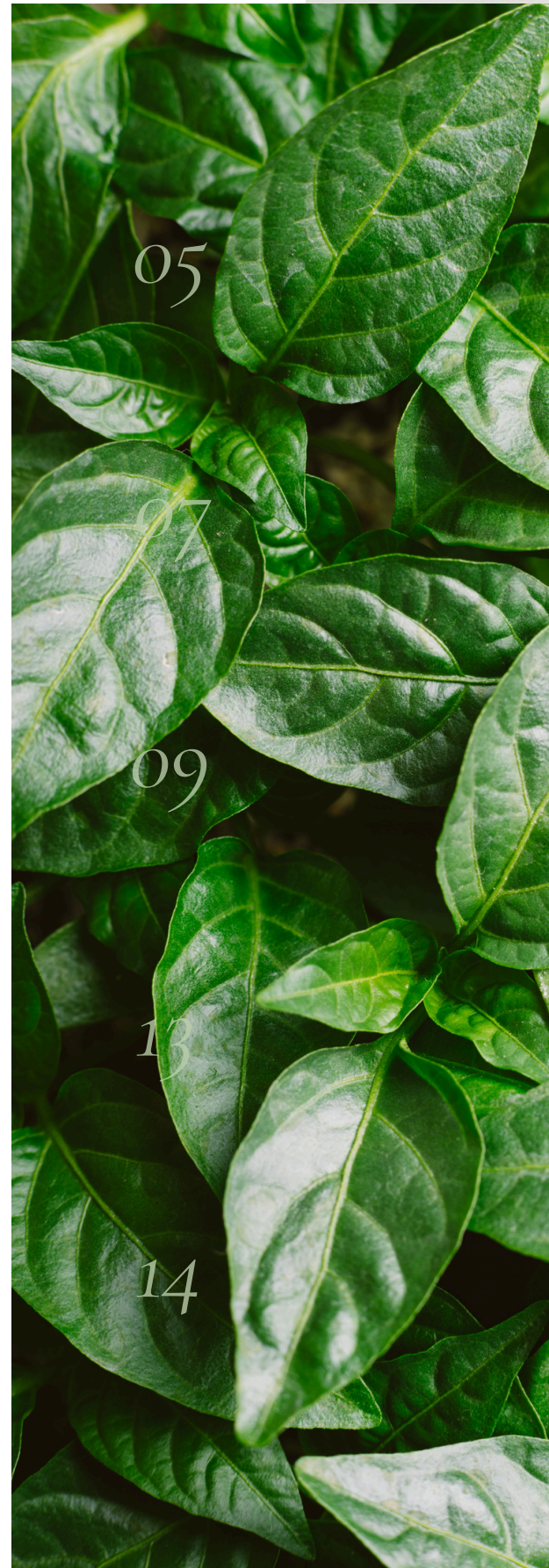
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01 Discover Your Organic Self

The 4th trimester lasts 12 weeks after birth. A time of deep physical healing, emotional recalibration, hormonal shifts and profound bonding. You may feel: Overwhelmed, energised but exhausted, disconnected from your body, unsure of your new identity, deeply in love yet fragile, physically tender and hormonally sensitive. All quite normal. All of it is valid. What's happening in your body: Oestrogen and progesterone drop, which can affect mood. Oxytocin rises, strengthening bonding and breastfeeding. Your uterus heals and contracts back to pre-pregnancy size. Energy stores deplete, especially if labour was long or breastfeeding is established. Your pelvic floor and abdominal muscles are repairing. This phase requires rest, nourishment and support — not pressure to “bounce back”.



Nourishing Your Healing Body

Nutrition in the 4th trimester is fundamental. Your body needs warmth, rebuilding foods, minerals and steady blood sugar to help repair tissue, support hormones and ease postpartum fatigue. Recovery is slower, softer, and deeper than we expect. Allow it. Accept help whenever offered — you are not meant to do this alone.

The 4th trimester nutritional pillars - warm, grounding meals :

Soups, stews, porridges and slow-cooked foods. Iron-rich foods
Spinach, lentils, beans, dried fruit, pumpkin seeds. Healthy fats
Avocado, nuts, seeds, oily fish,
Hydration + electrolytes
Especially important if
breastfeeding. Keep snacks ready:
nuts, fruit, oat bars, yoghurt, dates, boiled eggs.



Quick tips: Remember these three

- 1** Protein at every meal
Supports healing and replenishes strength.
- 2** Eat before hunger hits
— your energy demands are higher than pregnancy.
- 3** Avocado, nuts, seeds, oily fish — wonderful for mood and milk production.

Do What You Love, Love What You Do



Mini Meditation

- Place one hand over your heart and one over your belly.
- Breathe gently into your lower ribs.
- Repeat softly:
"I am safe. I am supported. I am learning. I am enough."

Love the skin your in

To become pregnant, you might already know there are some limitations in the food you can eat, drink and the medications you can take. We also look at what we put on our skin. After all the skin is the largest organ of your body with the ability to absorb products you apply topically.



Why use Organic Skincare

We use organic, vegan and cruelty free products that have none of the nasties in. Medical studies argue that between 20 - 60% of what you put on your skin is absorbed in your body and that's so important when you are breastfeeding you know what your using.



Aromatherapy lotions and potions

Jane specialises in postpartum massage with a beautiful little ritual using prescription aromatherapy: Each trimester has its own particular protocol using organic essential oils to help you and your body flourish. Just ask and a blend can be made up for you to take away and use at home!



Treatment Menu at The Apothecary Kitchen

HIIT Facial, Body Massage, Indian Head Massage and Reflexology making good choices for the best outcome for you and your Postpartum Journey!



03

Time for Reflexology

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How Can Complimentary Therapies Help With Postpartum?

Postnatal Reflexology & Massage

Holistic treatments can be deeply restorative during postpartum, helping your body settle into its new phase. Benefits of Postnatal Reflexology

- Supports hormonal rebalance
- Calms the nervous system
- Encourages restorative sleep
- Helps with breastfeeding through oxytocin support
- Aids digestion and circulation
- Eases tension after birth or feeding positions

Postnatal Massage

Gentle abdominal and full-body massage help:

- Ease muscular tension
- Encourage uterine healing
- Support lymph flow
- Reduce swelling and water retention
- Calm cortisol
- Bring you back into your body

This is your time to be held, nurtured and restored.

Protocols for Postnatal reflexology treatment

- ✓
 - Endocrine balance
 - Adrenal support
- ✓
 - Lymphatic drainage
 - Pelvic and reproductive reflex areas
- ✓
 - Digestive system
 - Emotional grounding



Emotional Support & Nervous System Care

Postpartum emotions can be powerful and unpredictable. Hormonal changes, lack of sleep, feeding challenges and identity shifts all contribute to emotional waves. Jane creates bespoke postpartum blends tailored to your emotional and physical needs.

What we do - our postpartum essential oils are specially formulated to promote relaxation, and help balance the body. Each blend is customised to meet your individual needs throughout postpartum. You are not failing — you are adjusting.

Common feelings - joy, weepiness, irritability, anxiety, love, loneliness overwhelm, gratitude.

Aromatherapy for Postpartum
Lavender — calming and sleep support

Frankincense — grounding and stabilising

Orange — uplifting for low mood

Geranium — emotional balance

Roman Chamomile — gentle for anxious moments

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Today, I honour my healing.

I welcome rest.

I embrace my renewal.

CHECK OUT OUR 40 DAYS OF LOVE
RECIPIE EBOOK



Extra Bits



Blog

www.hummingbirdholistics.co.uk

Only book I
recommend

Why Postnatal Recovery Matters by Sophie
Messenger ISBN 178066625X

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Conclusion and Next Steps

Your 4th trimester is a sacred pause — a moment for healing, bonding, resting and rediscovering yourself. At Hummingbird Holistics, Jane offers a tailored postnatal plan including reflexology, massage, aromatherapy and emotional support. Your wellbeing matters just as much as your baby's. You deserve to feel held, supported and nourished.



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I welcome rest.

I embrace my renewal.