



The Postpartum Sex Guide

A Guide to the First Time After Baby

*Demystifying postpartum sex with wisdom from a
Pelvic Floor Physical Therapist, OBGYN & Chiropractor*



VESSEL



The Postpartum Sex Guide

A Guide to the First Time After Baby



VESSEL

Table of Contents

- Welcome
- When should I return to sex postpartum?
- When should my husband and I talk about returning to sex?
- I tore during birth, now what?
- I have a cesarean scar, now what?
- Tips and tricks for preparing for sex postpartum.
- I tried having sex postpartum and it hurt, now what?
- Just a few ways to relax the pelvic floor for daily pelvic floor health.
- What should I see my OBGYN for? What should I look for?
- Get. in touch





Welcome

Welcome

Welcome to The Postpartum Sex Guide! Well, it's obviously not your first time, but it certainly may feel that way whether you birthed via cesarean or vaginally. There is just a lot going on down there, and we want to set you up for success!

There are many unknowns to expect in postpartum. What will my body look like? What if I tear during birth? Will I ever feel like having sex, or will I ever feel sexy again?

Truly, we have heard it all, and the list goes on! Be encouraged, dear Mama, that you are not alone in asking these questions. We have been through this season ourselves and rest assured, postpartum sex will be a new experience for you and your spouse, but it can be covered in grace. As always, we are committed to the Father's design for the body in all things Vessel and hold confidence in God's plan for deep, unifying joy in married sex. It's our honor to help you get there!





We are mothers ourselves and as a prenatal and pediatric chiropractor and pelvic floor physical therapist we have combined our unique expertise and experiences serving mothers to give you this guide. Gone is the lame advice, "Drink some wine, and use more lube." We know you need real answers and solutions to returning to sex postpartum and here it is! We will share our own experiences as well as evidence based practice to support your body through this time. Thank you for trusting us to help you make your "first time" joyful and confident!

Remaining faithful to Him,
Dr. Amanda + Dr. Chelsea



When should
I return to sex
postpartum?

When should I return to sex postpartum?

The minimum amount of time your birth provider will clear you for return to sex is 6 weeks postpartum. But, this doesn't mean you have to! If you are not ready there is no rush!

The body's tissue healing time is 4-6 weeks, and if you experienced a perineal tear, your tissues will likely take 6 weeks or more to be healthy for intercourse.

Every couple is unique with their own reasons for abstaining or engaging when it comes to return to sex postpartum, so don't feel pressure at 6 weeks just because you received the all clear.

“Returning to sex after 6 weeks is very standard. Earlier than that would increase risk of infection and also make it harder to identify changes in lochia and placental site healing since seminal fluid would be present.

- Dr. Melissa Weidert OBGYN

”





While physiologic tissue healing time of about 6 weeks is very important, it's not the only factor at play. Sex requires so much more than just healthy tissues. It involves your entire being- mental, emotional, physical, and spiritual. Birth and becoming a mother affect all of these parts of who you are and it's a process to integrate this new identity and family dynamic you are now living. All of these parts of you need to be "filled up" and supported to get you to a place of even feeling open to sex. Let's dive into some common themes and tips to integrate your entire being.

PHYSICAL

It is so common to grieve your "pre-baby" body in the way it looks and feels. In total honesty, growing and delivering a baby does cause some permanent changes, but function and feeling your best does not have to be compromised.

TIP TO OVERCOME

If you feel pain or dysfunction please seek a pelvic PT and chiropractor in your area. You can also use our postpartum movement guide, The Gap, to begin healing many physical issues.

In dealing with your new postpartum body, there has been and will continue to be a lot of “shape shifting” as your body finds its new normal and begins to balance hormones and extra caloric expenditure with healing and nursing. Focusing on the amazing feat your body just overcame is the focal point you want to fix your gaze on and then committing to connecting to your body once a day whether that’s a minute of breathwork before bed or gentle movements like the ones found in The Gap will help you get closer to feeling like you again.

“

“It took some time for me to feel comfortable with being totally naked with intimacy. Pretty nursing nightgowns came in so clutch to help me feel physically “filled up” for intimacy. There are so many brands out there that have pretty lace details and soft/sexy fabrics. It can help you feel a little covered while also giving easy access down below and up top with nursing clasps.”

– Dr. Chelsea

“Many couples, my husband and I included, waited well past the time our midwife gave us the green light. I mentally, physically and emotionally didn’t feel ready. So we waited. We found other ways to connect for a while. I don’t think enough women talk about waiting past the 6 week mark.”

– Dr. Amanda

“In my practice, I’ve had women wait anywhere from 5 weeks to 1 full year. Each couple has their reasons and I’ve heard them all from fear of pain, trauma from childbirth, low libido from hormone changes/lack of sleep/identity change becoming a mother, trying to figure out fertility, difficulty connecting with spouse, fear of getting pregnant again.”

– Dr. Chelsea



MENTAL

Integrating your identity as a mother, your spouse becoming a father, and parenthood becoming a new marriage dynamic alongside hormone shifts which inclines some women to heightened anxiety, depression, or other postpartum mental disorders. There are serious situations of mental health disorders that definitely require attention outside the scope of this guide. Please look into <https://www.postpartum.net> for more info. However, struggling with these identity and marriage changes alongside highs and lows is totally normal.

TIP TO OVERCOME

Postpartum involves much more alone time than usual and it's very easy to perceive things that aren't necessarily true. Accept that you are vulnerable here and with knowing that, make a conscious effort to assume the best of those around you especially your spouse. Try to get sunlight daily and adequate nutrition which all support your mental health. Refined carbs and sugar will only make your lows lower.

“ —

“My midwife had a great way of putting it when she came for my 2 week check up. When asking about my mental health, I said, “Oh, there’s some highs and lows.” she then responded with, “But the highs aren’t too high and the lows aren’t too low?” I laughed, and we moved on. I would say that’s an example of healthy mental shifts in postpartum.”

– Dr. Chelsea

“For me, I needed to talk through my birth story, many, many times to process. My midwife noticed this and we did talk a lot about my birth, what happened, why it may have happened etc. Talking with supportive friends and a therapist was essential for me.”

– Dr. Amanda

EMOTIONAL

You may feel overflowing love for your new baby and your spouse alongside unparalleled exhaustion and frustrations with feeling unsupported and unaccompanied.

TIP TO OVERCOME

Don’t be afraid to make your needs known to your spouse. You may not know exactly what you need before you’re in the thick of it, but nobody can read your mind. You may need a nap, support with taking care of the baby, support with chores or meals, or someone to just fill up your water bottle because you’re so thirsty! If your spouse is home with you, make him read this so he can have on his radar the areas you may need support! If he has to return to work fairly soon, sweet texts throughout the day to check up on you and having a grocery delivery service drop some things off are just a couple small ways that could help you feel emotionally filled up.

“ —

“When I was postpartum, we had family from out of town to help out. My husband was focusing on hosting them, making them feel welcome, and giving them a good time. In a normal circumstance, this is totally his strength and definitely his role when we are hosting. But, one night, he came into the room and asked how I was doing and I just started balling! I felt so lonely, and I just wanted him to be with me and let the family entertain themselves. He of course corrected quickly, but he never would have known that he wasn’t making me feel supported unless I had said something.”

– Dr. Chelsea

“During the first few days postpartum I knew I needed time with just my baby and husband. I knew my family was dying to come meet our Charlotte but I held firm to my boundaries to protect our time with our new little one. This was just what I needed personally. Postpartum is a time to voice your needs and put people please to the side. Any boundaries you’d like to set, I recommend having these conversations before the baby arrives. Having hard conversations right after giving birth can be tough! So set those boundaries prior to the baby’s arrival.”

– Dr. Amanda



SPIRITUAL

You may feel spiritually disconnected as your time and sleep are pinched after baby and your ways of prayer and devotion might look different than before.

TIP TO OVERCOME

First, throw any guilt in the garbage! God has given you a most high vocation in motherhood and He, above all, knows. You might have some spiritual reading picked out for your postpartum season whether that's a devotional or a book that edifies you. Be at peace with only reading a page at a time instead of leisurely going through the chapters. Maybe choose a page of your book instead of scrolling through your phone when one of your hands is free. A postpartum playlist is also so helpful because music has such a way of elevating your spirit to God. You may not have hours of deep meditation or even profound moments of feeling warm and fuzzy inside with God, but your efforts to elevate your spirit to Him for even just a couple minutes at a time will bear much fruit.



“—
|

“Even to this day with 3 kids and well out of the newly postpartum season, my way of connecting to God is different and it changes with each kid. I lean on the psalms to just have a snippet of God’s word in my mind and have really increased my reliance on sacred music during chores or even just super low in the background of our daily home life.”

– Dr. Chelsea

“Music was how I connected with God during postpartum. This was a completely new way of connecting with Christ for me. I prefer diving into a study. My daughter had colic and was a very hands on baby. I spent many hours at night listening and singing worship songs to Charlotte. In those moments, having my heart filled up with God’s word through music was such a God sent for my mindset.”

– Dr. Amanda

Now that we have gone through a holistic view of all the parts of YOU and what it takes to be healthy in each area, let’s be real! With a baby (or many) there will not be a PERFECT moment where you are 100% filled up physically, mentally, emotionally, and spiritually and that’s totally OK! Just by you and your spouse being aware of these areas that need attention and “filling up,” a little bit of attunement by you and your spouse will go a very long way.



When should
my husband
& I talk about
returning to
sex?



When should my husband and I talk about returning to sex?

Ideally it's best to talk about this before the baby is born to level expectations. You also want to show that you care about your intimacy and this conversation will make it known that both of you are here and trying! Here are a few talking points to get the conversation started:

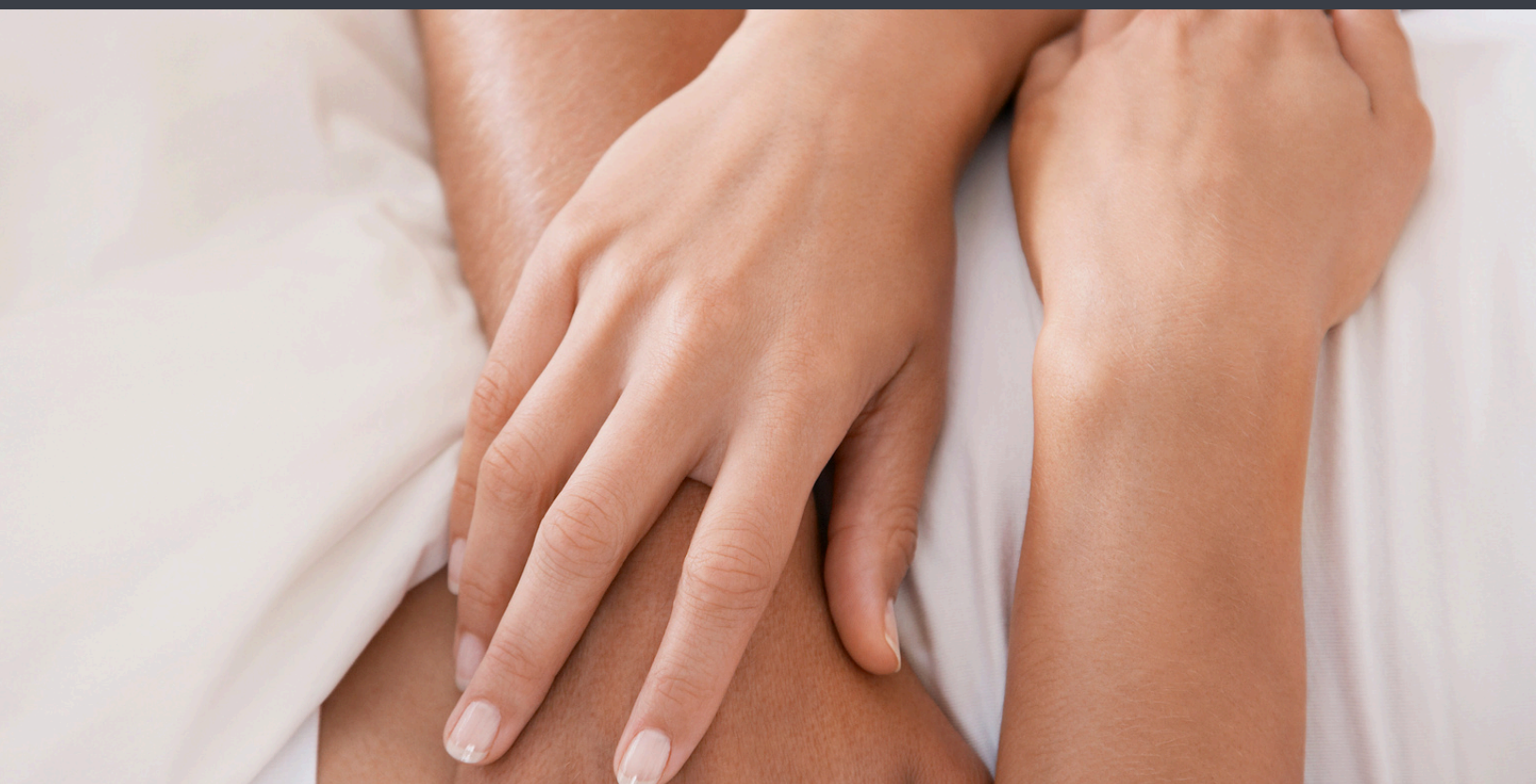
- When should we try to have sex after the baby arrives? Did you know many women wait way longer than just 6 weeks?
- I may not feel ready for sex right at 6 weeks, how do you feel about that, and how can we still work on our intimacy together without sex if we need to?

- If sex hurts, we may need to go really slow, change positions, or stop and try again another day. Can we make a plan for what we will do if this happens? Like maybe we just cuddle in bed or makeout? It's important to me that we stay physically connected as we navigate postpartum sex.
- I'm nervous about what my body will look like and if you'll still find me attractive. How can we prepare for that to make sure we stay connected?

“ —

“Ever heard the phrase, ‘sex starts in the kitchen?’ For women especially and even more so postpartum, the mental load of all the tasks is enough to make libido evaporate in an instant. When she feels supported and like some of the burden of life is lifted, she will be so much more likely to show affection physically. So, tip for husbands, change the diaper in the middle of the night, step in and rock the baby to sleep so she can get a shower, ask if she needs anything, re-fill her water without being asked, thank her for all her sacrifices taking care of your baby.”

– Dr. Chelsea





I tore during
birth, now
what?

I tore during birth, now what?

There's a lot of fear surrounding perineal tears and it is often the number one thing women are worried about in birth. As scary as a perineal tear sounds, it happens quite frequently. Some studies say up to 80-90% of the time during vaginal delivery. So, while it's ideal to prevent tearing as much as possible (this is a topic for another guide,) vulvas are truly amazing in their capacity to heal and much can be done to experience zero pain or dysfunction from your tear.

Once the scar is healed, usually by 6 weeks postpartum, you want to begin touching and moving your scar. This will help desensitize the tissue to make it less painful and free up any "stuck" areas. Scar tissue can adhere to different muscles in your pelvic floor and affect urinary, bowel, and sexual function. Let's dive into some scar mobilization basics.



DR. CHELSEA'S MOST EFFECTIVE RELEASE FOR SCAR TISSUE TENSION

Dr. Chelsea has noticed in practice that regardless of where a woman tears (into the labia, through the perineal body, or internally), the anal sphincter is ALWAYS holding tension. And, in many cases, releasing this sphincter alone has a dramatic effect on reducing pain and a feeling of tension in perineal scars. The great news is that this is extremely easy to do on your own.

SELF ANAL SPHINCTER RELEASE



The anal sphincter is a thick, round muscle that surrounds the anus. If you tune into this part of your body, you may notice you are clenching here quite often and it would serve you well to undo the clench!

When in the shower, reach behind with 3 fingers and find your anus. Because the tissues are so close together, if you are on the anus, you are on the sphincter. It's not necessary to insert your fingers into your rectum here. Just keep your fingers flat and apply pressure toward your head. Keep this pressure as you make clockwise and counterclockwise circles on your anus while you take inhale breaths into your fingers. 30 seconds should be plenty of time here.



There you have it! The most simple release you can do for your pelvic floor at home!

You may feel a stretch sensation, feel like you need to have a bowel movement, or pass gas during the release. All of this is normal. Remember to only stretch according to your tolerance. It should feel moderate like a 4/10 on an intensity scale.



I have a
cesarean
scar, now
what?

I have a cesarean scar, now what?

First, don't worry mama! Our bodies are so miraculously resilient, and you WILL heal. Scars, especially cesareans, can hold a lot of emotions depending on your experience with birth. We encourage you to remember who holds your birth, the almighty King of Kings, and lean into your story because God wants to use that to complete a great, redemptive work in you and your family.

Mechanically, it's helpful to know that the scar goes through every layer of your abdominal wall to your uterus. It can affect bladder, bowels, and sexual function if there is any tension or adhesions. These mobilizations will help.

Remember, tissue healing times are the same as above (4-6 weeks). So, these mobilization techniques will respect those healing times. However, if you are past 6 weeks, you can jump ahead to that time frame.





0-2 WEEKS

With a tissue or your fingertips, brush light strokes above and below your scar. This will help desensitize the area and give input into the brain that there is no threat to guard against. You may feel sensitive or weird, which is common. Keep the intensity of this sensitivity low, maybe a 3-4/10 scale.

2-4 WEEKS

You can start applying light pressure above and below your scar. Use 3 fingers and press gently, keeping them flat, above your scar. You can start on the far right as you make gentle circles along the lower abdomen, right above your scar. Same as above, this shouldn't cause you crazy pain. Keep the intensity of this sensitivity low, maybe a 3-4/10 scale.

4-6 WEEKS

Continue the above 2-4 week mobilization and add gentle strokes like the 0-2 week mobilization but to the actual scar.

6 WEEKS

Now, you can begin to work with a bit more intensity. Apply circles with pressure above, below, and on the scar for 30 seconds each. Try to lift the scar horizontally from right to left for 30 seconds, Try to lift the scar vertically right to left for 30 seconds. And finally, try scar “pull-aparts” where you apply gentle pressure above and below your scar with flat hands and pull apart with 20% effort. A stretchy feeling is normal. Do this along the scar right to left for 30 seconds holding each “pull” for one breath.

Lastly, let’s get your scar moving with some breath work: Here is one of my favorite movements.

HALF KNEELING ROTATION – 5 BREATHS EACH SIDE



Start in half kneeling. Straighten your arms, and place your hands together just at the inside of your knee.



Inhale into the rib cage and abdomen as you rotate your outside arm away from your knee towards the ceiling. Exhale as you return.



Tips & tricks
for preparing
for sex
postpartum



Tips and tricks for preparing for sex postpartum

FOOT SEPARATORS

Sounds weird, we know! But, the part of the brain that controls your pelvic floor touches the part that controls your feet. It's a neurology hack! Wear for 10 minutes and work your way up to 20 minutes to help your pelvic floor feel more relaxed.

PRE-SEX WARM UP

- Lymphatic Drainage: Fluid exchange to the pelvic area is so important for pleasurable and easy sex. But, in postpartum this area can be overburdened by the fluid shifts associated with healing, and shifting the blood volume back to pre-pregnancy. Good news is you can do your own lymphatic drainage for this space to help things along. Lymphatics are under the skin so it's best to do this on skin, not over clothing.



Open up the drainage ports. This will ensure a place for the fluid to go once you release it. Cross your arms over your chest and find your collar bones with your fingertips. Go right behind your collar bones in that little soft divet. Use a gentle pumping motion to press down toward the floor twenty times.



Now it's time to drain the lymphatics of the pelvis. You will use your fingertips to apply a gently avocado testing pressure to the skin right at the pubic bone. Apply a little pressure and try to stretch the skin toward the belly button about half an inch. Repeat in a diagonal toward the hip bones, going up and down for about 20 "pumps."

- Bloom breaths: x10

Get in a relaxed position, seated or laying on your back. Place your hands on the sides of your rib cage. As you inhale through your nose, you want to expand out into your ribs and also down into the pelvic area towards the anus. You should feel a relaxing or letting go of the perineum. You can also imagine that if seated, you are allowing your inhale to make your sit bones really heavy and spread.

- EAS release: see section “I tore during birth, now what?” for the Self Anal Sphincter release photos and instructions
- Dynamic Happy Baby: 5 breaths each side



Lay on your back with your knees bent. Reach for one of your heels with that same side hand along the inside of your leg.

Inhale as you extend the leg to a stretch, and exhale as you return to the starting position.

- Reverse Breathing Cat/Cow: x8



Begin in all fours. Hunch the mid back up towards the ceiling and take an expansive inhale into the bra strap space.



As you exhale through your lips, pull the chest towards the floor and look up.

- Dynamic Adductor: 5 on both sides



Begin in all fours with one leg straightened out to the side.



Inhale as you sit back into your other side heel. You should feel a stretch in the inner thigh. Exhale as you return to the starting position.

USE LUBRICATION

Lubrication isn't just for vaginal penetration but for the clitoris as well. Use it all over! It's tricky to find a good lube that works well for you because postpartum women have changing pH levels and with lube brands trying to be pH matching, some of them obviously won't match you, and it will feel burny. Also, there is the reality that if you are going to use a lubricant in a bottle, it has to have some sort of preservative in it. You just want to remain as clean as possible. The most ideal lubricant is Jojoba oil or fractionated coconut oil that comes in a convenient squirt bottle. The brands we recommend are Eden's Garden (look in carrier oils), Intimate Solutions oils, Good Clean Love, Coconu, and Alu.

V MAGIC BALM

It is great to apply directly over any scars right before having sex and just daily because it's so healthy for hormonal tissue dryness.

BOX BREATHING

See final chapter on relaxing pelvic floor.

POSITION

Try being on top so you can control penetration depth.

ADEQUATE FOREPLAY

This may look different postpartum. Breasts may be off limits depending on nipple sensitivity. The good news is that every part of a woman's body has the capacity to ignite arousal. For husbands, we suggest getting creative, but starting with gentle strokes up and down the spine, rubbing the inner thighs, rubbing the feet, and kissing the ears and neck.



I tried having
sex postpartum
and it hurt,
now what?



I tried having sex postpartum and it hurt, now what?

You are not alone here! So many women experience pain and discomfort with sex after baby, and in some cases it's truly just a tissue healing time thing.

If it has been at least 6 weeks, you have employed our tips in this guide and it's excruciating, please seek a pelvic PT in your area to get down to the nitty gritty of your unique experience and anatomy.

If it's just kind of uncomfortable, employ all of our tips in this guide and give it up to 3 times. If it's still not quite right, seek care from a pelvic floor therapist.



Just a few ways
to relax the
pelvic floor for
daily pelvic
floor health



Just a few ways to relax the pelvic floor for daily pelvic floor health

One of the most fool-proof ways to get natural pelvic floor relaxation without thinking about it, is to use your diaphragm. God designed your body in such a way that when your diaphragm naturally moves up and down with your breath, your pelvic floor should follow as if it is its own pelvic “diaphragm.” Sometimes, it’s hard to connect to your pelvic floor after birth, especially without in person support from a pelvic floor therapist. This is why I am going to share with you a fool proof way to get the pelvic floor moving, because oftentimes postpartum, it’s not necessarily tight or loose—it’s just stuck and blocked off.



What should I
see my OBGYN
for? What
should I look
for?

What should I see my OBGYN for? What should I look for?

You should have an in person visit and exam with your provider at 6 weeks. During the exam, your provider should examine your perineal area, especially if you had a tear/laceration or episiotomy requiring suturing to repair it. If you had a c-section for delivery, your provider will examine your c-section scar and abdomen. If you are exhibiting any signs or symptoms of abnormal bleeding, discharge, vaginal pain, perineal pain, or rectal pain for instance, an exam should be performed to identify the source of the issue. Usually a speculum exam is performed along with a bimanual pelvic exam; however, this can be decided upon based on your unique situation. Depending how your 6 week visit goes, your provider may ask you to make an additional visit to follow-up on any concerns. If no additional visit is needed, most providers will recommend contacting them for a future annual wellness exam. This exam may not be until 6-12 months down the road.



You should have an in person visit and exam with your provider at 6 weeks. During the exam, your provider should examine your perineal area, especially if you had a tear/laceration or episiotomy requiring suturing to repair it. If you had a c-section for delivery, your provider will examine your c-section scar and abdomen. If you are exhibiting any signs or symptoms of abnormal bleeding, discharge, vaginal pain, perineal pain, or rectal pain for instance, an exam should be performed to identify the source of the issue. Usually a speculum exam is performed along with a bimanual pelvic exam; however, this can be decided upon based on your unique situation. Depending how your 6 week visit goes, your provider may ask you to make an additional visit to follow-up on any concerns. If no additional visit is needed, most providers will recommend contacting them for a future annual wellness exam. This exam may not be until 6-12 months down the road.

HERE ARE A FEW REASONS TO CONTACT YOUR PROVIDER

- You notice abnormal bleeding. Lochia should diminish by approximately 8 weeks postpartum. However, some women will experience spotting, light bleeding, or blood tinged discharge as their body's hormones are changing. If you do experience bleeding that is not your normal menses, monitor the bleeding and contact your provider if you are filling up one normal sized pad in about 2 hours. If you chart your menstrual cycles with a method that tracks cervical mucus, you may be able to identify patterns of normal and abnormal bleeding more readily – since you are already familiar with your body's biomarkers and signs.
- You notice abnormal vaginal discharge or an odor. Returning to sex postpartum can cause changes in the microbiome of the vagina as well as changes in the vaginal pH. You may notice changes in discharge, such as color, sensation, or odor changes. If something seems abnormal compared to your baseline, you should contact your provider. A visit and an exam may be warranted to rule out infections.

- You have pain with intercourse, despite using the tips in this guide. Your provider will likely want to gather more information from you about the pain, where it's located, when it occurs, how you describe it for instance. They may recommend seeing a pelvic physical therapist. Do not hesitate to ask for a visit and exam with your provider if you feel you need more guidance.
- Your ability to urinate, pass flatus, or have a bowel movement becomes difficult. These symptoms can be a sign of more significant perineal issues and do require a visit and exam with your provider.





Get in Touch



Dr. Melissa Weidert

is a pro-life Catholic OB/GYN. After attending medical school at the University of Wisconsin School of Medicine and Public Health, she completed OB/GYN residency at Sisters of Charity Hospital in Buffalo, NY. To pursue additional training and more in-depth skills, she then completed the St. John Paul the Great Fellowship in medical and surgical NaProTECHNOLOGY at the St. Paul VI Institute in Omaha, NE. Both residency and fellowship guided Dr. Melissa to live out her pro-life Catholic faith as a doctor. Delivering babies (ushering in new life!) and performing fertility sparing detailed surgery became every day staples while Dr. Melissa worked in conventional OB/GYN medical practice settings for 5 years. She combined her love for working with women and families with her passion for education while providing OB/GYN and NaProTECHNOLOGY services focusing on women's health and fertility.

While walking alongside couples experiencing fertility issues, Dr. Melissa felt the nudge to pursue additional training. As a life long learner, she thrives on asking questions, breaking down complex health concerns, and figuring out how all the pieces fit together. When presented with the opportunity to expand her knowledge, she enrolled with the Institute for Functional medicine in 2022 and will complete certification in 2023. She also completed functional blood chemistry training. Dr. Melissa noticed that the core concepts of functional medicine meshed well with NaProTECHNOLOGY – discovering the root cause, creating individualized treatment approaches based on needs and goals, and working cooperatively with the body. These principles fueled her passion for educating and providing knowledge in a supportive environment – ultimately leading to the creation of Fiat Fertility & Wellness!

Dr. Melissa lives with her husband and son. They enjoy cooking and baking new recipes, taking road trips to visit family (stopping along the way to check out beautiful Catholic churches and eat at delicious local restaurants), drinking quality cold and hot coffee, and soaking up nature by being outside, taking walks, or enjoying the birds in the backyard. They also remember to cheer for their favorite sports teams!



At Fiat Fertility & Wellness, our mission is to walk alongside you on your healing journey as you restore your health and align your body with how God created it to be. We encourage seeking truth while radically accepting God's peace. Authenticity, honesty, truthfulness, and compassion are important values to us, and we desire to make those values apparent to each person we meet. No matter where you are on life's path, we will encourage making slow changes over time and structuring new habits surrounding foundational health and drainage practices – key building blocks to health.

INTERESTED IN LEARNING MORE?

Visit fiatfertilitywellness.com, send an inquiry to contact@fiatfertilitywellness.com, and follow Dr. Melissa @drmelweidert. You can sign up for the newsletter using Dr. Melissa's IG profile link!





Reach out with
any questions!

Dr. Amanda + Dr. Chelsea
vesselwoman.com
IG @vesselwoman

