

Bump·Baby·Bliss.

Certified Birth Doula

Celebrate your femininity and power with waist beads. Bump.Baby.Bliss. is now offering belly/waist beads!

I wanted to offer something for ALL women, especially pregnant women to embrace our bodies. My waist beads are designed to adorn your waist and hips at all times. Waist beads liberate women by promoting healing, spirituality, personal power, balance, body shaping and more. Pregnant ladies, understanding no pregnancy is the same and no postpartum body is the same; our bodies are always changing. I want women to be able to look at their pregnant body with the sense of joy and confidence. I want women to be able to look at their postpartum body and feel beautiful; knowing that everything stems from our bodies, we create and house little ones.

Here are a few things you can use your waist beads for:

Fashion/Lingerie

To wear in confidence and embrace your body especially during pregnancy.

Weight Management

Monitor your weight-loss in general or post pregnancy.

Womb Awareness

Womb Awareness is the conscious act of being aware of the sacred energy that you hold in your sacred center. Whether you are trying to prepare your womb to be ready for childbirth or not, your womb is still the most sacred source of creation.

Empowerment/Healing/Meditation

Some women suffer from infertility, miscarriages, other womb complications. Waist beads can be worn for meditating over your body, healing and empowerment.

Aphrodisiac

To show off and embrace your body or new postpartum body.
please visit bumpbabybliss.com for more details and history of waist beads.

LOVE your body more!