



NAPA COUNTY FAMILY WELLNESS RESOURCE GUIDE

TRUSTED PROVIDERS FOR PREGNANCY, POSTPARTUM, AND WHOLE-FAMILY CARE

Pregnancy and Postpartum Care

MIDWIVES



The Midwives: Holistic pregnancy, birth, and postpartum care in-home and at their birth center in Napa.
Themidwives.com | (707) 289-7687



North Bay Midwife: Serving the northern bay area, offering holistic pregnancy, birth, and postpartum care.
Northbaymidwife.com | (707) 321-2078

HYPNOBIRTHING EXPERTS



Deep Sea Hypnosis: Hypnotherapy for anxiety, birth preparation, and emotional healing.
Deepseahypnosis.com | (707) 858-9102



Hypnobirth (TerriAnne Gutierrez): Holistic hypnotherapy to ease anxiety, support childbirth, and promote emotional balance.
Hypnobirth.org

CHIROPRACTORS



Acorn Chiropractic Club: Whole-body, nurturing chiropractic care for the entire family.
Acornchiropractic.com | (707) 690-6900



Giles Chiropractic: Serving Napa County with gentle, whole-family chiropractic care.
Gileschiro.com | (707) 251-9363

PELVIC FLOOR THERAPY



Revival PT: Holistic pelvic health and physical therapy to support every stage of life.
Revivalpt.com | (707) 299-0115

WELLNESS STUDIOS



Napa Valley Massage & Wellness: Day spa in downtown Napa offering massage, facials, and saunas, with specialized prenatal massage available.
Nvmassageandwellness.com | (707) 307-5420



Yoga West: Downtown Napa studio offering all-level classes from vinyasa to yin in a warm, welcoming space.
Yoga-west.com | (707) 812-8357



Napa Valley Yoga Center: A welcoming studio offering a variety of classes for all levels—including vinyasa, hatha, yin, and beginner-friendly practices—within a supportive community setting.
Napavalleyyogacenter.com | (707) 287-1254

Emotional, Mental, & Physical Wellness

LICENSED MENTAL HEALTH THERAPISTS



McCartney Therapy, LMFT: Therapy and support for perinatal mental health including infertility.
McCartneytherapy.com | (619) 775-7800



Central Valley Family Therapy: Therapy and support for perinatal mental health, pediatrics, adolescents, and adults.
Centralvalleyfamilytherapy.com | (559) 691-6840



Thriving California (Dr. Maya Weir): Supportive therapy for parents, offered in person in Napa and through telehealth across California.
Thrivingca.com

INTEGRATIVE & HOLISTIC HEALTH



Acupuncture Clinic of Napa: Providing holistic acupuncture for women's health, infertility, pain relief, immune support, and overall wellness.
Acupunctureclinicofnapa.com | (707) 226-8724



The Wellness Principle: Holistic Chinese medicine and wellness care through acupuncture and herbal medicine.
Tcmwellnessprinciple.com | (707) 418-0010



Ohmni Naturopathic (Dr. Annmarie Walsh) A nurturing naturopathic clinic offering personalized, whole-family care grounded in natural medicine and individualized healing.
Ohmninaturopathic.com | (707) 968-7056



Solstice Naturopathic Medicine (Dr. April Blake): ND and midwife, focused on fertility, hormone balance, mood, chronic and mystery illnesses, and immune support.
Solsticenatmed.org | (415) 488-5831

MEDICAL SPAS



B12 Love: A spa-style IV and nutrient therapy lounge, including appointments with an ND, offering vitamin drips, injections, NAD+ treatments, and longevity services to energize, rejuvenate, and nourish your daily life in Napa.
B12love.com

This guide is brought to you by Fox & Cub Family Wellness

Providing virtual and in-person support for families from pregnancy through postpartum and early childhood — including lactation counseling, pediatric sleep consulting, health & wellness coaching for moms, postpartum doula care, and more.

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