



Wholistic Doula Jey

Jey is a holistic practitioner, Licensed Massage Therapist, certified herbalist, and now a certified full-spectrum doula deeply passionate about supporting women through every stage of motherhood and healing. With years of experience in holistic wellness, she brings together a unique blend of Reiki energy healing, massage therapy, guided meditation, sound therapy, herbal medicine, and nervous system support to help women feel safe, empowered, and cared for.



As the founder of Wholistic Healing Shop, Jey is expanding her work into a holistic healing space dedicated to mothers and families. Her focus is now centered on supporting women during pregnancy, labor, birth, postpartum, and all reproductive experiences. She is passionate about creating a safe space where mothers feel seen, heard, emotionally supported, and advocated for during one of the most transformative times in their lives.

Jey helps mothers prepare for birth with education, emotional support, meditation, positive affirmations, herbal wellness, massage modalities, and nervous system healing practices that help them feel calm, grounded, and confident. During labor and birth, she provides compassionate support and advocacy so women can feel empowered in their choices and connected to their bodies. In the postpartum season, she continues to nurture mothers through herbal medicine, emotional support, plant-based nourishment, and holistic practices that support healing for both mind and body.

Her personal healing journey began ten years ago after years of living on a Standard American diet filled with preservatives and processed ingredients. That season of challenge led her to deeply reevaluate not only the way she nourished her body, but also how she cared for her mind, spirit, and overall well-being.

Recognizing that change was necessary, Jey transitioned to an alkaline vegan lifestyle and embraced a more holistic way of living. That transformation awakened her divine purpose: helping others reconnect with their bodies, heal naturally, and create healthier, more intentional lives.

As a strong believer in natural medicine, herbal healing, and whole-body wellness, Jey gave natural birth and breastfed two healthy children and continues to incorporate everything she has learned into her everyday life and motherhood journey. Her lived experience, combined with her professional training, allows her to support women from a place of deep compassion, understanding, and authenticity.

Through Wholistic Healing Shop, Jey has already helped thousands of individuals on their health and spiritual journeys, and she is now honored to extend that support into the sacred work of motherhood, birth, and postpartum healing.

She understands that the journey toward wholistic living and motherhood is not always easy, but she reassures every client that they do not have to walk it alone. She is committed to standing beside them every step of the way as they move toward healing, empowerment, and a more nourished life.