



Jey is a Wholistic practitioner, Licensed massage therapist, and certified herbalist, highly trained and experienced in various Holistic healing techniques including Reiki energy healing, Massage therapy, Guided meditation, Chakra balancing, and Sound therapy.

She is passionate about helping her clients heal and providing a relaxing and rejuvenating experience. As the founder of Wholistic Healing Shop, she creates herbal detox tea blends and natural vegan products readily available online to individuals of all lifestyles.

Jey grew up as most Americans do, consuming a Standard American diet with preservatives and unrecognizable ingredients. Her enlightenment came eight years ago while experiencing minor health issues.

Amidst this adversity, her mindset and ways of thinking– not only about healing her body but also her mind, and spirit.



Recognizing that a change was in order, she transitioned to a vegetarian diet, shifting her entire lifestyle to a Holistic one. This experience illuminated her true and divine purpose: helping others to make the same shift to that lifestyle as well.

As a strong proponent of natural medicine and healing, she gave natural birth to two healthy children and continues to incorporate all that she learned into their everyday lives.

Emboldened by her personal experience with Wholistic living and passion for helping people, she founded Wholistic Healing Shop and has helped thousands of individuals on their health and spiritual journeys.

Though the journey to Holistic living may not be initially easy, she assures to be alongside her clients as they stay the course of progressing to a healthy lifestyle.

Book a coaching session with Jey at  
[www.WholisticHealingShop.com](http://www.WholisticHealingShop.com)  
Social media: Wholistic Healing Shop