

Meet Monica!



Monica has been living a healthy lifestyle since she was a teen. Her fascination with how the world turned and how our bodies coexisted fueled her mind to explore many avenues of health. She was introduced to chiropractics when she was a young girl by her uncle who was adamant about a healthy lifestyle and would slowly educate her on alternative medicines and reflexology as she began to grow older. Monica watched and listened about the connections the meridians have in our bodies and how they lead to each and every organ. When she was old enough, she assisted her uncle in his practice and learned hands on how a healthy lifestyle was achievable.

During her early 20's she began her journey into the fashion industry, only to find out it was leading her right back to health and wellness community. Working for a very successful local organic clothing company, she began to educate herself on the effects certain materials have on our skin, which in turn affects our chemistry, energy and overall wellbeing. It wasn't just about what you're eating anymore; it also involved what we were wearing and our environment. During the rest of her journey, she continued to study health and homeopathic medicines privately and would share information to help friends and family. She has been using many forms of alternative medicine, teas, aromatherapy, meditation and essential oils since she was 19.

She takes health very seriously and has incorporated all of her practices in her children's lives as well for the past 14 years. She's active in the yoga community and has been practicing for over 21 years. Monica finally decided to take all her personal interests and knowledge to study the healing of Reiki to become a certified practitioner. Energy runs through everything and it can control our health in various ways. It's a great addition to have as support to any other regimen you may already be doing. Monica incorporates music, teas and a calming atmosphere to her reiki sessions. "Sometimes, you're body just needs to rest so it can do whatever it needs to do, and in today's society it's very difficult to recharge your body to a healthy balance on your own". That's where Reiki comes in.

Monica is very relatable and can help you clear the blocks you have in your body. Whether you struggle with anxiety, depression, trauma, loss, sleeping disturbances, illness, injuries etc. she's here to offer suggestions and perform an energy clearing in the form of Reiki. "I love sharing stories from my journey and helping people reach a point where they are able to thrive in their own lives"