

C NSCIOUS

CITY GUIDE



VOLUME TWO



PART ONE:
THE GUIDES

Guides to the highest vibrational places, from Kauai to Morocco.

PART TWO:
THE DIRECTORY

A directory of wellness & transformational practitioners, from astrology to reiki.

CONSCIOUS CITY GUIDE
VOLUME TWO

PRODUCED BY
MEL NAHAS
LAUREN MEYER

DESIGN BY
KIKI FALCONER

SEE MORE AT
CONSCIOUSCITYGUIDE.COM
@CONSCIOUSCITYGUIDE

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COMMA SPACES BATH HOUSE

THE GUIDE TO

BYRON BAY

CURATED BY EMICA PENKLIS, FOUNDER OF LOCOLOVE CHOCOLATES

LOCOLOVE.COM | @LOCOLOVECHOCOLATE

The founder of Loco Love chocolate tells us her favorite places in Australia's Byron Bay. Emica transformed from naturopath to chocolate alchemist after discovering the healing power of cacao combined with superfoods and adaptogens. Her mission is to spread love and raise vibrations through guilt-free indulgence. Our co-founder Mel has been obsessively following Emica's creations around Australia since before she even had a production facility and the intentional and epic branding. Emica took the production of Loco Love back to her home in Byron and, she shares her favorite local spots where love, nature and wellness make the perfect holy trinity.

Explore Byron through the eyes of a true love revolutionary.



NATURE

GOONENGERRY FALLS

For a dip in the stream & a short bush walk

THE PASS BEACH & BYRON LIGHTHOUSE WALK

For coastal views & walking

MINYON FALLS

A hike with waterfall views

EAT

HIGH LIFE CAFE

For breakfast & lunch

@HIGHLIFEBYRONBAY

MULLUMBIMBY CONTINENTAL

An early dinner & wine

MULLUMCONTINENTAL.COM

RAES AT WATEGOS

A special occasion

RAES.COM.AU

THE SALTY MANGROVE

Breakfast or lunch in New Brighton

THESALTYMANGROVE.COM

SWEAT

COMMA BATH HOUSE

Massage & sauna

COMMASPACES.COM

HAUM YOGA

Yoga practice

HAUM.SPACE

BENDE PILATES

Pilates workouts

BENDE.COM.AU

RAES AT WATEGO



MEDITATE

GARRY GORROW AT SOMA

Meditation and breathwork

SOMABYRON.COM.AU

RITIKA SIKKA

Himalayan kundalini yoga, meditation, & Jyotish astrology reading

SATTVASANCTUARY.COM.AU

JONNI POLLARD

A meditation practice in Mullumbimby

JONNIPOLLARD.COM

DEE KENNEDY

Online meditation & Sacred Egyptian tours

SACREDEGYPT.COM/ABOUTSACREDTOURS

SHOP

CLOUD HIDDEN

Best for tea ceremonies

CLOUDHIDDEN.COM.AU

LOCO LOVE CHOCOLATE

Artisanal chocolate. Visit the showroom

LOCOLOVE.COM

NAGNATA

Sustainable clothing

NAGNATA.COM

MULLUMBIMBY FARMERS MARKET

Fresh local produce

SANTOS ORGANICS

Organic groceries

NEW BRIGHTON FARMERS MARKET

Fresh local produce



THE GUIDE TO

KAUAI

CURATED BY MEA WOODRUFF, FOUNDER OF SPIRIT WEAVERS GATHERING

SPIRITWEAVERSGATHERING.COM | [@SPIRITWEAVERS](https://www.instagram.com/spiritweavers)

The founder of Spirit Weavers Gathering shares her favorite places in Hawaii's mystic Kauai. Mea created a global community, bringing together women from over 30 countries to remember ancestral skills and reconnect with the earth through hands-on crafts, ceremony, and community. Her mission is to weave together wisdom keepers who are committed to living in harmony with all and thriving. Mea was one of our cover features in last year's printed guide, and this year she shares the favorite places of where she calls home half the time. From her base in Kauai, she's collected some favorite spots where nature and conscious business live in symbiosis.

Explore Kauai through the eyes of a true wisdom keeper.



SIP

JAVA KAI (KAI BAR)

Great food and coffee in Kilauea with excellent breakfast options.

JAVAKAI.COM

KAUAI JUICE CO

Fresh juices and healthy drinks.

KAUAIJUICE.COM

KAUAI FARMACY

Herbal tea house with wellness-focused beverages.

KAUAI FARMACY.COM

EAT

KILAUEA BAKERY & PAU HANA PIZZA

Coffee, bagels, and delicious pizza in one convenient location.

KILAUEA-BAKERY.COM

SUSHI GIRL

Best sushi to go and stay! We love the Legend Burrito with smoked salmon.

[@SUSHIGIRLKAUAI](https://www.instagram.com/sushigirlkauai)

AMA'S

Fresh yummy food! The ramen is one of our favorites with consistently delicious dishes.

[@AMAS_HANAIEI](https://www.instagram.com/amahanaei)

FLYING SAUCER

Vintage tiki bar with amazing food! Newest restaurant on Kauai, located above Fish Bar Deli.

[@FLYINGSAUCERKAUAI](https://www.instagram.com/flyingsaucerkauai)

SWEAT

METAMORPHIS YOGA

Full-service yoga studio for all levels.

METAMORPHOSEYOGA.COM

BLACK CORAL HANAIEI

Yoga and wellness center.

[@BLACKCORALHANAIEI](https://www.instagram.com/blackcoralhanaiei)

BENDE PILATES

Pilates workouts

BENDE.COM.AU

BEACH

ROCK QUARRY BEACH

Take Highway 56 South to Wailapa Road and turn left. In 1/2 a mile, take a dirt road to the left. Follow to the end and there is a small parking area along the road.

TUNNELS BEACH

Take Highway 560 west of Princeville past Hanalei toward Ha'ena. Two short dirt roads, just past Mile Marker #8, lead to the parking area.

LARSONS (NUDE BEACH)

Beautiful and close to Moloa'a Bay.

NATURE

KALALAU TRAIL

Legendary and a must do hike. You have to book reservations in advance.

GOHAENA.COM

WAILUA FALLS

Double-waterfall with stunning backdrop of the Wailua valley, viewable right from the road. Easy 4 mile drive up a country road with parking area at the viewpoint.

THE BLUE ROOM

A mystic cave with freshwater and a lava tube that flows endlessly down to the unknown. Considered a sacred place with spectacular acoustics. Need state ID to get in.

SPA

MEGAN

The bomb massage therapist!

(808) 652-7697

HOTEL1 SPA

Full-service spa treatments.

[@HOTEL1HANAIEI](https://www.instagram.com/hotel1hanaiei)



THE GUIDE TO

MALIBU COAST

CURATED BY MEL & KIKI

CONSCIOUSCITYGUIDE.COM | @CONSCIOUSCITYGUIDE

The founders of Conscious City Guide share their favorite places along the Malibu and Santa Barbara coast. Kiki and Mel are two love-charged women on a mission to transform how people connect through transformational experiences. After 20+ years in music television and culture creation, they founded their webby-nominated conscious events discovery platform in 2016.

While Kiki and Mel have lived in Los Angeles for over a decade, they've found themselves drawn to make home further north of LA along this stunning coastline. Between Malibu and Santa Barbara, they've discovered the perfect blend of natural beauty and conscious community. They reveal some of their favorite coastal spots.



SHOP

ABIERTO, MALIBU

The cutest, most well-curated store for gifts for yourself and others! Many of the makers are solopreneurs. You'll find the cutest gems with many non-toxic, organic bathing and beauty products too :)

@SHOPABIERTO

BASQUERIA, MALIBU

Imported specialty products full of Basque-inspired culture in the creative community of Surf Canyon. We shot our first edition of The Guide at Surf Canyon so this whole community has a special place in my heart. Check out the local artists while you are there. Basqueria is also full of other special secrets that we probably should not print about so you just have to go visit and start asking Sebastian questions :)

BASQUERIA.CO

RENAISSANCE FINE CONSIGNMENT, SANTA BARBARA

A consignment store for highend clothes that are all a little... extra. Come here if you need something maximalist or sparkly – from vintage Alexander McQueen to Comme des Garçons.

RENAISSANCECORP.COM

EAT

RORY'S OTHER PLACE, OJAI

If you haven't been to Rory's in Ojai – it's definitely a stop for a sit down meal. But I recently discovered the new-ish kind of opened Rory's Other Place. The cutest take away sandwiches, small goods and natural wines. Who am I kidding though? It's really all about the Buffalo Milk Soft Serve!!

RORYSPLACEOJAI.COM

LOQUITA, SANTA BARBARA

A Tapas restaurant with beautiful seafood, a firelit courtyard, and a vibey bar that is open late for Santa Barbara.

LOQUITASB.COM

THIRD WINDOW BREWING, SANTA BARBARA

For the kindest smash burgers, Third Window makes theirs with wagyu beef they raise themselves.

THIRDWINDOWBREWING.COM

SWEAT

ETHEREAL YOGA, TOPANGA

Going to this yoga studio makes me feel like I'm on holiday for some reason. It's a small space and perfectly simple. I love Megan Kenson's class and often times one of our favourite sound healers Natlie Valle hosts sessions there.

METAMORPHOSEYOGA.COM

PILATES & OR, SANTA BARBARA

A gorgeous pilates studio with an infrared room and expertly led classes.

@BLACKCORALHANALEI

YOGA SOUP, SANTA BARBARA

The OG wellness hub of Santa Barbara, offering soundbaths, ecstatic dance, workshops, and of course, yoga.

@BLACKCORALHANALEI

SWIM

BUTTERFLY BEACH, MONTECITO

A flower & succulent lined beach abundant hummingbirds, and – immigration months – butterflies.

PIEDRA BLANCA, OJAI

A magnificent stretch of the Los Padres Moutains with many hiking trails leading to a swimming hole, hot springs, and giant white rock formations.

SPA

HONEST RITUALS, TOPANGA

WOW. I just experienced Elizabeth's famous sculptural facial and buccal massage... and it was psychedelic. It's a firm pressure that only this level of loving intensity can release. From all sorts of held emotions, control and in my case, the unlocking of the most insane colorful visuals. Completely unexpected bliss! Every space that Elizabeth creates is beautiful and serene. Try visit any of them.

HONESTRITUALS.COM

THE GUIDE TO
MOROCCO

CURATED BY LIV MOROCCO
@LIV.MOROCCO

Brothers Youssef and Simo Mahmah grew up surrounded by the vibrant world of hospitality, sparking a lifelong passion for travel, culture, and human connection. That passion inspired LIV—a travel and event agency dedicated to crafting soulful experiences that bring people together from all walks of life to celebrate authenticity and the richness of Moroccan culture. Rooted in Morocco and shaped by their personal stories, LIV is more than a brand; it's their way of sharing the richness of culture, community, and meaningful moments with the world.

EAT

AL FASSIA

A legendary, women-run restaurant serving authentic Moroccan dishes with timeless flavors

ALFASSIA.COM

FARMERS

A new spot in Marrakech known for fresh organic dishes, very elegant and beautiful ambiance

[@FARMERSMARRAKECH](https://www.instagram.com/farmersmarrakech)

DAR YACOUT

An immersive dining experience with multi-course feasts in a stunning traditional riad

DARYACOUT.COM

THE PRIVATEPIZZAOLIO

A secret wood-fired pizza experience curated with love, laughter, and unforgettable taste under the stars

[@PRIVATEPIZZAOLIO](https://www.instagram.com/privatepizzaolio)

STAY

DAR GHIZLAN

A soulful eco-retreat nestled in nature

DAR-RHIZLANE.COM

RIAD ALENA

A serene and stylish riad in the heart of the Medina

RIADALENA.COM

MORO

A boutique hotel + restaurant reimagining Mediterranean flavors with Moroccan heart + shop

[@MOROMARRAKECH](https://www.instagram.com/moromarrakech)

NATURE

IMSOUANE

A heavenly destination for a weekend away between friends surfing and chilling

IMLIL TO TIZI N'TAMATERT

A scenic hike in the Atlas with panoramic views and Berber village stops

OUZOD WATERFALLS

A refreshing hike in the Ourika Valley with waterfalls and lush surroundings

TINMEL MOSQUE HIKE

A spiritual walk through history and the majestic High Atlas

SWEAT

FLOW

A serene studio offering reformer, yoga, movement, and breathwork in the heart of the city

[@FLOWMARRAKECH](https://www.instagram.com/flowmarrakech)

ROYAL TENNIS CLUB MARRAKECH

A historic and beautifully kept tennis venue perfect for sport and leisure

[@ROYALTENNISCLUBMARRAKECH](https://www.instagram.com/royaltennisclubmarrakech)

YOUSSEF & SIMO MAHMAH, FOUNDERS OF LIV MOROCCO



SACRED RITUEL

REGENERATIVE, ORGANIC & LUXURIOUS ELIXIRS

SACRED SERUM, delivers intense nourishment while repairing damage with the healing power of USDA-certified organic hemp extract. It not only resolves skin concerns & enhances radiance. They're so confident you will see visible results they offer a 30 day no-hassle guarantee.



SACREDRITUEL.COM

THE GUIDE TO NEW MEXICO

WITH BAELYN ELSPETH

@ALLMATTERSOFSPIRIT

The tea ceremony facilitator and Temple Keeper, also known as All Matters of Spirit, shares her favorite places in mystical Santa Fe and Taos, NM.

Baelyn has been studying Cha Dao "The Way of Tea" since 2011, weaving together movement, meditation, and sacred feminine practices into a ritual way of life. Her mission is to serve as a vessel for spirit through tea ceremonies and lunar rituals.

Baelyn was one of our co-founder Mel's first entries to tea, opening doorways to ancient wisdom through every cup. From her temple home in Santa Fe, she's cultivated sacred spaces where ceremony meets daily life and the elements guide conscious living. She reveals the desert city spots where spirit flows freely and ritual becomes a way of being.

Explore Santa Fe and Taos through the eyes of a true Temple Keeper.





MOVE

DIRTY LAUNDRY

Yoga and workout studio

DIRTYLAUNDRYHOTYOGA.COM

TIGER BARRE

Best barre fitness studio

@TIGERBARRESTUDIO

EAT

DOLINA

Modern American brunch with Eastern European influences

@DOLINASANTAFE

CAFE PASQUAL'S

New Mexican cuisine

PASQUALS.COM

LA MAMA

Authentic New Mexican home-cooked dishes

LAMAMASANTAFE.COM

PALOMA

Contemporary fine dining restaurant

PALOMASANTAFE.COM

ARROYO VINO

Wine bar with fine dining

ARROYOVINO.COM

EL REY

Wood-fired pizza on Sunday evenings

ELREYCOURT.COM

IZANAMI

Restaurant at Ten Thousand Waves spa

TENTHOUSANDWAVES.COM

SANTAFE

SEE

GALISTEO BASIN

Historic area with archaeological sites

JEMEZ MOUNTAINS

Mountain hiking and hot springs

ABIQUIU ~ GHOST RANCH

Georgia O'Keeffe's red rock landscape

THE CHAMA RIVER

River for rafting and fishing

SANTA FE SKI BASIN

Winter skiing and summer hiking

SHOP

DOUBLE TAKE

Large consignment store with vintage treasures

SANTAFEDOUBLETAKE.COM

BIG STAR BOOKS AND MUSIC

Used bookstore and music shop

@BIGSTARBOOKS

LOS POBLANOS

Artisan groceries and drinks

LOSPOBLANOS.COM

SABO

Local boutique shop

SABOSANTAFE.COM

NEO ANCIENT

Handmade artisan jewelry

NEOANCIENT.COM



TAOS

EAT

MANZANITA MARKET

All-organic cafe and marketplace serving breakfast and lunch with local ingredients

manzanitamarket.net
@MANZANITAMARKET

TOMORROW AND TOMORROW

Coffee and light bites with community vibes

@TOMORROWANDTOMORROWTAOS

SOL CAFE OR MARKET

Eco-conscious cafe and market providing organic breakfast, lunch, and snacks

SOLFOODMARKET.COM

JULIETTE AT THE WILLA

Natural wines and small plates

@HOTELWILLA

LOVE APPLE

Organic fine dining

@THELOVEAPPLE

SWEAT

THE TAOS SPA

Luxury spa offering yoga, pilates, and wellness treatments in a serene setting.

TAOSSPA.COM



SHOP

EVERYWHERE

Artisan-made decor and furnishings

EVERYWHEREATAOS.COM

THE ARC

Vintage clothing

@THEARCTAOS

CAMINO MOJO VINTAGE

Vintage clothing with a southwestern aesthetic

@CAMINOMOJOVINTAGE

NATURE

JEMEZ MOUNTAINS

Rugged mountain range with hot springs, hiking trails, and stunning volcanic landscapes.

ABIQUIU: GHOST RANCH

Iconic retreat with dramatic red rock landscapes, hiking trails, and art workshops.

ghostranch.org

@GHOSTRANCH_NM

ABIQUIU: THE CHAMA RIVER

Scenic river offering serene views amidst desert cliffs and opportunities for outdoor exploration

TAOS SKI VALLEY

World-class ski resort with hiking and mountain biking in the summer

TAOSSKIValley.COM

THE GUIDE TO

NEVADA CITY

CURATED BY ISIS INDRIYA
ACADEMYOFORACLEARTS.COM | @ISIS_INDRIYA

Isis Indriya, a cultural catalyst and event producer, shares her favorite places in Nevada City, California. Isis has spent 18 years using the power of gatherings to inspire transformation, curating The Village at Lightning in a Bottle and Symbiosis festivals while bridging ancient wisdom with contemporary sacred spaces. Her mission is to serve as a catalyst for personal transformation and community evolution through ritual, ceremony, and whole systems design. She founded the Academy of Oracle Arts and more recently the Nevada City store and community space, OMARI.

Isis reveals the Sierra Nevada foothills spots where ceremony and creative community thrives in harmony with the land.

EAT

HEARTWOOD

Farm-to-fork eatery serving grain bowls and toasts.

[@HEARTWOODEATERY](#)

LOLA

Modern American cuisine in historic National Hotel.

[@LOLAATTENASH](#)

STONEHOUSE

Farm-to-table restaurant in restored 1857 building.

[STONEHOUSE.IO](#)

SUSHI IN THE RAW

Traditional Japanese sushi restaurant.

[SUSHIINTHERAW.NET](#)

PETRA

Farm-to-table Mediterranean cuisine.

[PETRANEVADACITY.COM](#)

DAKAN

Sustainable, community-focused farm-to-table dining.

[RESTAURANTDAKAN.COM](#)

SWEAT

LIFE-FORCE ACADEMY

Kundalini yoga teachings.

[JAIDEVSINGH.COM](#)

SWEAT

Infrared yoga and pilates plus spin classes.

[SWEATNEVADACOUNTY.COM](#)

WARMTH STUDIOS

Community yoga center with vinyasa, yin, and Bikram-style classes.

[WARMTHSTUDIOS.COM](#)

NATURE

BUTTERMILK BEND TRAIL

Scenic riverside hiking trail with wildflowers.

SOUTH YUBA BRIDGE TO HOYT'S CROSSING

River swimming holes and bridge jumping.

RIVERVIEW HIKE

Easy trail with beautiful river views (Between Edward's & Purdon).

DEER CREEK TRIBUTE TRAIL

In-town trail honoring Chinese workers and Nisenan tribes.

INDEPENDENCE TRAIL

Accessible trail through historic mining area.

SHOP

OMARI

Store and community space.

[STUDIOOMARI.COM](#)

SPIRITHOUSE

Fair trade Southeast Asian imports and jewelry.

[SPIRITHOUSEIMPORTS.COM](#)

KITKITDIZZI

Local artisanal clothing, candles, jewelry, and vintage.

[KITKITDIZZI.COM](#)

LEVITY MARKET

For organic groceries and food.

[LEVITYHEALTHMARKET.COM](#)

SHIVA MOON

Vintage and antique jewelry, exotic apparel, and folk art.

[@SHIVAMOONNEVADACITY](#)





THE GUIDE TO

ST AUGUSTINE

CURATED BY MARIA CAULDRON

MARIACAULDRON.COM | @MARIACAULDRON



Maria Calderon is a Quechua Peruvian American artist whose work honors the sacred traditions of Andean fiber arts and natural dyeing. Raised in Kansas among Renaissance fairs and international cultural festivals, she was immersed in folk traditions from an early age. After over a decade of studying traditional motifs and plant dyes through painting, she began creating her own pigments through plant extractions. Her practice is rooted in Ayni, the Quechua principle of sacred reciprocity, and focuses on the ethnobotany of the southeastern salt marsh biome. In 2017, Maria lost her home and studio in the Thomas Fire, and has since been rebuilding her practice with support from national arts foundations. She approaches her work with deep reverence, weaving together lineage, land, and craft.



EAT

DORO

The Chef is an Organic gardener and all dishes are carefully curated

RESTAURANTDORO.COM

ORSAY

Local and organic French in the historic 5 points neighborhood

RESTAURANTORSAY.COM

BUENA ONDA

Vegan and vegetarian menu with medicinal adaptogenic tonics

BUENAONDACAFE.COM

THE FLORIDIAN

Farm to table Southern comfort food

THEFLORIDIANSTAUG.COM

ICE PLANT

Beautiful view over the intracoastal waterway

ICEPLANTBAR.COM

SEE

HANNA PARK

The lake hosts thousands of birds and resident alligators.

GUANA TOLOMATO MATANZAS

Pristine beach covered in microshells and sharks teeth. Leatherback turtles nest here annually.

FORT CLINCH

Massive fort with lovely turrets and oceanside forested hiking trails.

CASTILLO DE SAN MARCOS

Oldest masonry fort in North America made entirely from Coquina stones. (pictured, bottom far left)

FT. CAROLINE & THEODORE ROOSEVELT AREA

Unique trails through maritime hammock forest, shell midden, salt marsh, and pine flat woods.

SHOP

SOUTHERN GROUNDS

Original Neptune Beach location of a growing coffee shop focusing on local and organic sourcing.

SOUTHERNGROUNDS.COM

COMMUNITY LOAVES

Organic sourdough bakery with garden seating that feels like your auntie's house.

COMMUNITYLOAVES.COM

CONGAREE AND PENN

Farm to table restaurant and retail boutique featuring items made on the farm.

CONGAREEANDPENN.COM

ARTISAN FURNITURE AND FINDS

Import home furnishings bazaar with monthly cargo shipments from Indonesia and India.

ARTISANFURNITUREANDFINDS.COM

COMMUNITY LOAVES

Organic sourdough bakery with garden seating that feels like your auntie's house.

COMMUNITYLOAVES.COM

SOUTHERN GROUNDS

Original Neptune Beach location of a growing coffee shop focusing on local and organic sourcing.

SOUTHERNGROUNDS.COM

COMMUNITY LOAVES

Organic sourdough bakery with garden seating that feels like your auntie's house.

COMMUNITYLOAVES.COM

SWEAT

EVOLVE PERFORMANCE

Quaint workout studio focused on Functional patterns methodology and strength training.

EVOLVEPERFORMANCEJAX.COM

RIVERSIDE ARTS MARKET

Free community weekly yoga and dance classes under the riverside bridge overlooking the St. John's river.

RIVERSIDEARTSMARKET.COM



THE GUIDE TO

TAHOE

CURATED BY LAUREN MEYER, CONSCIOUS CITY GUIDE COMMUNITY MANAGER

LAURMEYER.COM | @LAURMEYER

As the Community Manager and Social Media Coordinator at CCG, Lauren wears many hats. She's also an event curator with her traveling elixir bar, Evening Star Elixirs, and a visual artist specializing in photography and cinematography. Wherever she goes, Lauren creates and captures beauty. In this Guide, she shares a few of her local secrets — inspiring you to experience the majestic mountains and healing waters of Lake Tahoe through her eyes.



SIP

CUPPA TAHOE

A woman-owned coffee shop and cozy little bookstore right by the Y. It's one of the few spots in SL with a welcoming co-working space!

@CUPPATAHOE

DRINK COFFEE DO STUFF

Need I say more? Great on the go breakfast options and great coffee.

@DRINKCOFFEE_DOSTUFF

COACHMAN HOTEL

One of my favorite spots in town, serving Stumptown coffee.

@COACHMANHOTEL

FREE BIRD CHAI

The owner, Aaron, is incredibly sweet and crafted his own chai recipe that's become a local favorite.

@FREEBIRDCHAI

EAT

GET AWAY CAFE

A local favorite and woman-owned! It's the best breakfast spot in town. Get their coconut cream pancakes.

@TAHOEGETAWAYCAFE

CRAZY GOOD BAKERY

Crazy good - my favorite bakery in town! I highly recommend their almond croissants and pistachio croissants.

@CRAZYGOODBAKERYANDCAFE

IZABELLA RISTORANTE ITALIANO

I am literally obsessed with their egg plant parmesan...it's next level.

@IZABELLA_TAHOE

SPA

TAHOE FOREST BATHS

Experience a traditional Japanese cedar enzyme bath—a natural way to deeply detoxify and refresh your body.

@TAHOEFORSTBATHS

SHOP

GAIALICIOUS

A magical, woman-owned shop filled with treasures from around the world, plus a beautiful selection of locally made artisan goods.

@GAIALICIOUS

WILDWOOD MAKERS MARKET

My go to place for adorable love letter cards and stationery, with an amazing selection of gifts and craft supplies, too!

@WILDWOODMAKERSMARKET

BOTANICAL ARTS COMPANY

Another woman-owned business with an incredible selection of exotic plants!

@BOTANICALARTSCOMPANY_

NATURE

CAVE ROCK

Cave Rock, sacred to the Washoe Tribe, is a powerful place to offer prayers, share intentions, and connect with the beauty of the sunset.

ANGORA RIDGE

Angora Ridge is the ultimate summer camp vibe, no matter your age. With jumping cliffs ranging from 10 to 75 feet, leap into adventure.

MOUNT TALLAC

A real booty burner! In the summer, take a full moon hike, starting around 2 a.m. The hike takes 4 to 5.5 hours, so you can reach the summit to watch sunrise. Or go in the daytime for views of Lake Tahoe and the surrounding micro lakes.

SWEAT

OMNI STUDIO

Woman-owned and one of the best yoga studios around, offering amazing hot yoga and a wide variety of classes for all levels. Take a class with the owner, Jess!

@OMNI_TAHOE

GYM LOVE

A cute and vibey gym in South Lake.

@GYMLOVETAHOE

SCULPTING

CREATE YOUR OWN AT-HOME SPA TREATMENT:

- Sculpt your body with the strongest microcurrent consumer device on the market
- Reduce swelling and puffiness with lymphatic drainage body planing
- Release fascia tension to promote recovery and muscle optimization
- Energize cells and glowing skin with red light



From HigherDOSE, the #1 brand for supercharged selfcare wellness-tech, comes an innovative twist on bodywork.

Introducing the Microcurrent Body Sculptor, a device designed to support full-body wellness, through fascia care, lymphatic flow, red light therapy and high-output microcurrent stimulation.

The Microcurrent Body Sculptor kit comes with conductive gel and transdermal magnesium, to double your DOSE with skin hydration and nourishing magnesium-based minerals.

SHOP YOURS TODAY AT [HIGHERDOSE.COM](https://www.higherdose.com) USE CODE CCG15 FOR 15% OFF PURCHASE



Esthetician-approved

ACTIVIST Mānuka Honey Mask is an exfoliating, hydrating, and regenerating treatment that helps relieve the appearance of dryness, inflammation, and fatigue.

ACTIVIST Mānuka Honey Mask is for everyone. Beneficial for all skin types, it is a pristine source of enzymes, amino acids and antioxidants that offer anti-inflammatory properties; helping to banish bacteria, balance skin's pH, and encourage collagen production and cellular regeneration. ACTIVIST pure raw 850+MGO Mānuka Honey from New Zealand is a must in your skincare ritual.

[ACTIVISTMANUKA.COM](https://www.activistmanuka.com)

PART TWO:

THE DIRECTORY



ACADEMY OF ORACLE ARTS

NEVADA CITY | DIVINATION + ORACLE READING | \$222—\$333

ACADEMYOFORACLEARTS.COM
[@ISIS_INDRIYA](https://www.instagram.com/isis_indriya)

The Academy of Oracle Arts offers divination, an ancient practice of interpreting omens, signs, and symbols to communicate with the Divine and gain insight into questions or situations. This technology reveals the internal workings of the Cosmos, providing guidance for one's spiritual path. Academy of the Arts' sessions utilize an Oracle Divination Board— a cosmological map featuring planetary, astrological, elemental, cyclical, and archetypal symbols.

CONSCIOUS REVIEW:

It is an honor to be in Isis's presence and to receive her wisdom. With humility and deep devotion to the Divine, she becomes a vessel— her knowledge cascading like a sacred waterfall, flowing directly from Source. Our session, aligned with my solar return, brought exactly what I needed to begin this new cycle with clarity, wisdom, and grace.

—LM

ALLISON BAGG

LOS ANGELES | SOUND HEALING + BREATHWORK | \$33—\$555

ABAGG.COM | [@ABAGG](https://www.instagram.com/abagg)

Allison Bagg is a Los Angeles-based sound healer, breathwork facilitator, intuitive guide, and artist. She utilizes multiple modalities to help clients ground into their bodies, establish boundaries, and access inner magic and abundance. Certified in gong, crystal alchemy singing bowls, planetary chimes, tuning forks, breathwork, and yoga nidra, Allison marries spirit and science, believing that by tuning ourselves like instruments, we activate our inner healer and reprogram cellular and energetic forces.

CONSCIOUS REVIEW:

Allison's sound healing was absolutely beautiful. Her sweet and calming voice gently guided me into a deep meditation—an inner journey through the vast cosmos of sound, space, and time. Her soothing presence and nurturing energy invited me to fully surrender to the present moment, allowing profound stillness and healing to unfold. I left the session feeling lighter, with my heart wide open. I highly recommend her to anyone seeking inner peace and soulful transformation.

—LM





AMA MEDICINE

BAY AREA | TCM + ACUPUNCTURE | \$333+

@AMA.MEDICINE

AMA MEDICINE offers concierge natural medical care rooted in Taoist wisdom and Traditional Chinese Medicine. Led by Amy Mitchell, M.S., L.Ac., with twenty years of experience, AMA provides healing immersions, retreats, and personalized care integrating acupuncture, herbal medicine, nutritional guidance, and somatic practices. Specializing in women's and men's health, fertility, pregnancy, sleep, and emotional wellbeing through love-centered approaches.

CONSCIOUS REVIEW:

Amy's 1:1 acupuncture session was truly divine. She prepared a sacred space beside the river, under a willow tree with the sounds of the soothing water gently flowing by. Her calm presence and sweet energy guided me into a deep state of bliss and relaxation. Her intuitive acupuncture was exactly what I needed to soften, open, and find balance during a busy time in my life. I am so grateful to have received Amy's medicine and her wisdom, which helped open my channels and allow my energy to flow freely.

-LM

AMANDA AIKO PAST LIFE QUANTUM HEALING

LOS ANGELES + HAWAII + VIRTUAL | QHHT + HYPNOSIS | \$480+

AMANDAAIKO.COM | @AMANDAAIKO_

Amanda's 5-6 hour Past Life Quantum Healing sessions connect with your Higher Self to unlock answers to life's biggest questions and experience a transformative shift in vibration. With over 800 hours of experience, Amanda specializes in activating and empowering others, guiding clients through life's challenges with clarity and transformation. Each session is held as sacred space for deep healing and insight.



ANANDEVI

LOS ANGELES | BODYWORK + AYURVEDA | \$200+

ANANDEVI.COM | @ANANDEVIAYURVEDA

Through STREAM Bodywork, Visionary Craniosacral, and Marma Acupressure, Anandevi helps people transform their relationship to their nervous system for profound healing and awareness. Understanding the connection between physical symptoms and emotions creates possibilities to observe and change both story and state, deepening self-understanding.

ANTOJAI TAROT

SHIPS GLOBALLY | TAROT + ORACLE | \$125+

ANTOJAI.US

Antojai's Quantum Reiki Tarot tarot deck Antojai is an expanded deck. Beyond the Major and Minor Arcana, this deck consists of 117 cards, rather than 78, and was inspired by Carl Jung, Aleister Crowley, Salvador Dali, Alejandro Jodorowsky, and channeled wisdom. Designed to be more expansive and accurate than a traditional set.





ANDREA BERTOLI

BERKLEY + VIRTUAL | TANTRIC + SEXUAL WELLNESS | PRICE UPON ENQUIRY

ANDREABERTOLI.COM | [@ANDREADEVONBERTOLI](https://www.instagram.com/ANDREADEVONBERTOLI)

Andrea works with individuals and couples of all orientations, specializing in mixed-orientation relationships through in-person events, online sessions, and membership-based sex education. Using holistic practices and modern tools, Andrea helps clients build mindful partnerships, find paths to sacred sexuality, connect with organic arousal, and move toward embodied sexual wholeness.

CONSCIOUS REVIEW:

My partner and I had a session with Andrea, and it was everything we could have hoped for—and more. At one point, we felt like giggly school kids, gazing into each other’s eyes and feeling genuinely excited to explore the realms of tantra. Andrea’s approach to connection is lighthearted and playful, yet deeply insightful. Even over Zoom, she skillfully guided us into a more meaningful and intimate space.

—LM



ANGELA CRUZ

ALBUQUERQUE + VIRTUAL | ANCESTRAL ORACLE READING + HEALING | \$155+

NDOROHEALINGARTS.COM | [@NDORO_HEALING_ARTS](https://www.instagram.com/NDORO_HEALING_ARTS)

Angela Cruz is a descendant of Visayan and Gaddang lineages, born into a family of spirit mediums. With 20+ years of practice, she’s an initiated Spirit Medium in Shona tradition and Priest in Palo Monte and Lucumi. As a bridge to ancestral realms, Angela facilitates intergenerational healing and destiny alignment, anchored in the principle that each person is their greatest healer.

CONSCIOUS REVIEW:

Our Ancestral Partner Oracle Reading with Angela Cruz just days before our wedding was one of the most powerful experiences we’ve ever shared. The messages she channeled from our ancestors gave us deep clarity, grounding, and a sense of divine affirmation as we stepped into marriage. Angela, a seer and traditional healer of Visayan and Gaddang lineages of the Philippines—also initiated in the Shona and Afro-Cuban traditions—holds the space with such warmth, reverence, and precision.

—LS

ANNETTE FROST-JENSEN SHAMANIC ALCHEMY

CHICAGO + SANTA FE | SHAMANIC HEALING | \$140—\$420

ANNETTEFROSTJENSEN.COM | [@AFROSTJENSEN](https://www.instagram.com/AFROSTJENSEN)

Annette is a certified shamanic practitioner specializing in removing old patterns, healing trauma, and bringing balance to body, mind, and spirit. She opens clients to greater wholeness, authenticity, power, and creativity through shamanic soul retrieval, ancestral healing, compassionate depossession, curse unraveling, and healing with medicine song, featherwork, drumming, and other traditional modalities.

CONSCIOUS REVIEW:

Anette’s session was powerful. I immediately felt connected to her strong, grounded presence. Together, we explored the past, present, and future—tuning into the messages of the ancestors along the way. She gently reminded me to connect with the horse-like energy and spirit of the wild horses, encouraging me to keep my spirit alive, free, and untamed.

—LM



ASTROCARTO

AUSTIN + VIRTUAL | ASTROCARTOGRAPHY + HUMAN DESIGN | \$285+

ASTROCARTO.COM | @ASTROCARTO

ASTROCARTO is more than maps—it's a call to live intentionally. Astrologer Alexandra Clark provides location-based readings rooted in astrocartography, turning mystic insights into real-world action. Her signature Map Readings guide clients to transformative cities, affirming moments, and uniquely personal paths for intentional living and self-discovery.

CONSCIOUS REVIEW:

I'd had my astrocartography done years ago and remember leaving unimpressed but, about to go nomadic for a year, I wanted to give it another try. Alexandra of Astrocarto' gave me one of the most accurate readings of my chart, human design, and how my chart correlates to the planet. Her analysis of places I've lived was spot on, and explained some experiences/feelings I've had in those places. She gave me a detailed (and gorgeous) document charting places of power and a plan for the next 6 months: I'll be following my Jupiter line!

-KF

ASTROTHERAPY SESSIONS

VIRTUAL | ASTROLOGY + PSYCHOTHERAPY | \$124+

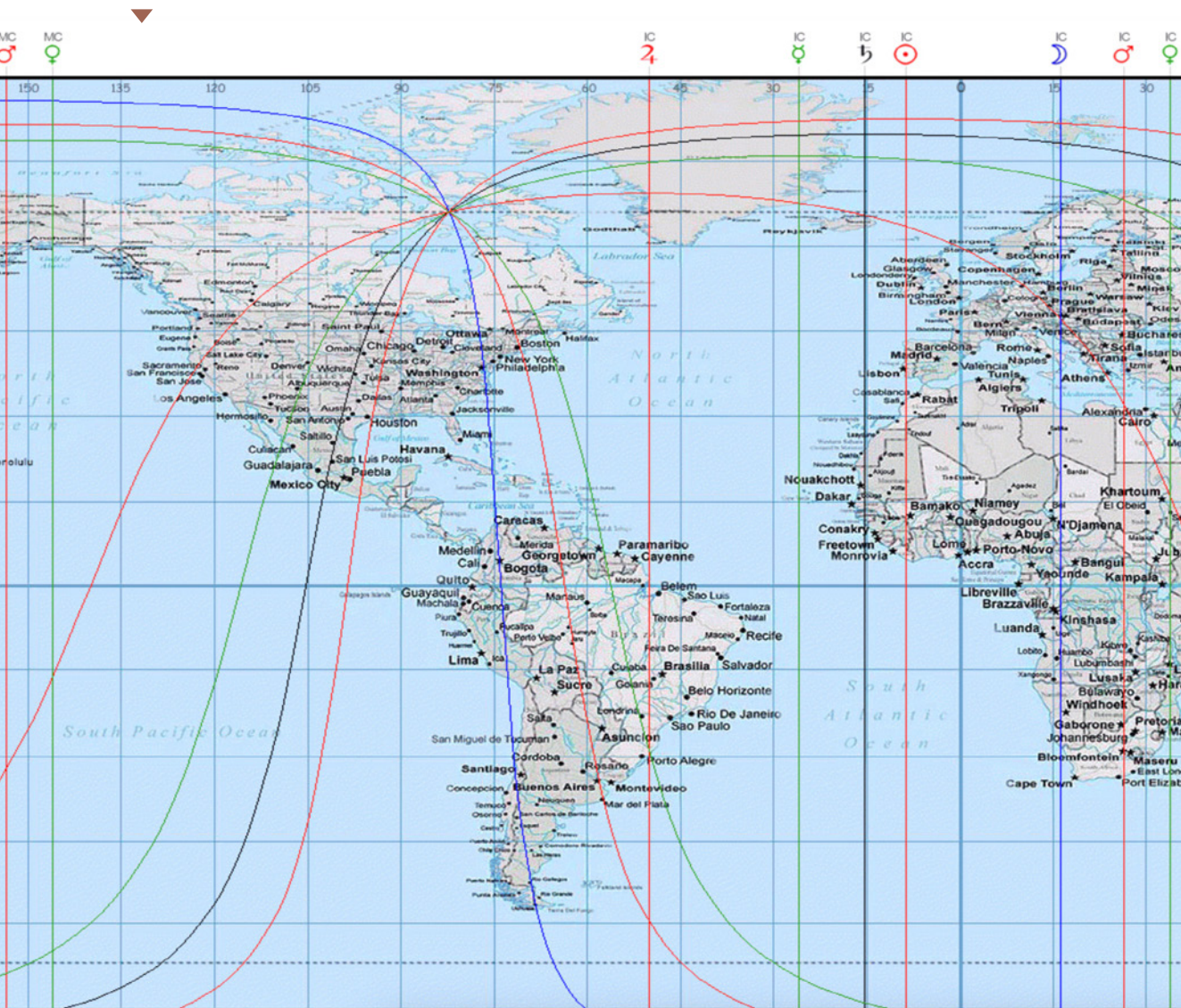
CIELAWYNTER.COM | @ASTROTHERAPYSESSIONS

Ciela Wynter offers "Experience Your Self" sessions, guiding clients through star-illuminated journeys of self-discovery and psychological healing. The stars mirror insight and provoke dialogue that takes us deeper into the psyche, revealing what has been hidden. Through stellar guidance, one can analyze, understand, and transmute inner conflict and challenge, inspiring real transformation.

CONSCIOUS REVIEW:

"Guide" is a perfect word for Ciela. She really inspires a deeper curiosity to look at aspects of your chart you might have been 'told' about before, but never prompted to uncover yourself through more inquiry. Ciela has a gentle way of allowing you to go beyond, and ask questions that were never present before.

-KF





BOTANARCHY

LOS ANGELES | ACUPUNCTURE + HERBALISM | \$265+

BOTANARCHY.COM | [@BOTANARCHY](https://www.instagram.com/BOTANARCHY)

Carolyn Barron is an acupuncturist, herbalist, and ecological storyteller who brings the body's mysteries alive through earth's wisdom. She practices holistic primary care guided by nature's poetry, using the five elements to explore nature's intelligence within individuals. Her practice, Botanarchy, applies plant ethos of authenticity, adaptability, resilience, and renewal to healthcare built on ecological principles. Her work serves those seeking to end corporate body co-optation, embrace their unique inner ecosystem, and re-wild medicine for liberation and full aliveness.

CONSCIOUS REVIEW:

Despite the distance, I make the seasonal pilgrimage to Carolyn's studio without hesitation. She transcends the role of acupuncturist and herbalist, embodying the soul of a poet and artist who crafts healing experiences with remarkable beauty and tenderness. In her hands, treatment becomes a restorative ritual where your body can truly surrender and heal. I sink into a profound state of tranquility during each session, finding myself wishing those precious 15-20 minutes when the acupuncture needles are done their magic would stretch into eternity. Her unique blend of medical expertise and artistic intuition creates a sanctuary worth traveling for.

—MN



A WILD OMEN

USA + WEST NEWBURY, MASSACHUSETTS | EQUINE THERAPY | \$325+

AWILDOMEN.COM | [@AWILDOMEN](https://www.instagram.com/AWILDOMEN)

A Wild Omen offers Immersive Retreats for Women throughout the United States and Private Equine Gestalt Sessions in Massachusetts. Equine Gestaltist, Kelly believes that the horse-human connection is a vital way of living, as well as healing. Through this connection you are able to gain clarity around your values, heal from past wounds, reclaim your happiness and embrace the beauty of who you are.

REVIEW:

I really enjoyed my online session with Kelly. It came at a turbulent time in my life and offered a much-needed reset from the pace of daily life. It was a gentle reminder to slow down and calm my nervous system — not just in theory, but through practical, guided exercises that made it feel tangible and real. I left the session feeling grounded and clear. I can only imagine how powerful this work must be in person, especially with her horses. Highly recommend if you're looking for a pause and a practical, heart-centered way back to yourself.

—PK



BÉLA GUSTA

LOS ANGELES | BEAUTY | \$26—\$525

BELAGUSTA.COM | [@LAURENCBRADLEY](https://www.instagram.com/LAURENCBRADLEY)

Lauren Bradley founded bestselling LA skincare line Béla Nektar, merging earth's kingdoms through bioavailable ingredients. A biomagnetism practitioner, she also founded The Quantum Fitness Club, helping people heal using quantum physics and her Thirteen Pillars of Wellness. Her podcast reaches 2k+ listeners. Through new platform Béla Gusta, she offers sessions and monthly membership. Use code CONSCIOUS for 10% off.

BLOSSOM TEAROOM ATX

AUSTIN | TEA CEREMONY + CHA DAO | \$36—\$150

BLOSSOMTEAROOMATX.AS.ME | [@BLOSSOMTEAROOM.ATX](https://www.instagram.com/BLOSSOMTEAROOM.ATX)

Blossom Tearoom in Southeast Austin offers community communion through Cha Dao practice, remembering ourselves as Nature. They host twice-weekly ceremonies including bowl tea, Gongfu Cha, and donation-based community sats, supported by volunteers following Tea Sage Hut Center lineage from Taiwan. All resources circulate to sustain tea practice and cultivation.

BRING YOUR VIBE LLC

LOS ANGELES + RETREATS | BREATHWORK + END-OF-LIFE DOULA | \$1111+

[@LYSACOOPER](https://www.instagram.com/LYSACOOPER)

For over a decade, Lysa Cooper has created sacred spaces for healing and transformation. As a breathwork facilitator, she guides deep emotional release and reconnection while compassionately supporting individuals and families through end-of-life transitions. Through nature-rooted retreats incorporating ritual and community, Lysa helps others remember their essence and return to what matters most.

CELESTE BROOKE YOUNG

LOS ANGELES + RETREATS | DHARMA TEACHING + INSIGHT MEDITATION | \$150+

CELESTEYOUNG.COM | [@CELESTEYOUNG](https://www.instagram.com/CELESTEYOUNG)

Since 2011, Celeste has guided thousands of students and clients toward meaningful lives aligned with their deepest values. A Dharma teacher in the Insight Meditation tradition, she offers silent retreats, Buddhist classes, and meditation instruction. She also provides life balance and transition sessions for greater clarity and wellbeing, informed by 14 years of yearly silent retreats.

ESCUELA DEL RÍO CÓSMICO

SAN DIEGO | FOLK MEDICINE + GREEN WITCH TRAINING | \$0—\$5,900

RIOCOSMICO.ORG | [@MEDICINARIOCOSMICO](https://www.instagram.com/MEDICINARIOCOSMICO)

Escuela del Río Cósmico offers Medicine Mandala, a year-long Women's Folk Medicine Apprenticeship and Green Witch Initiation Journey. Land steward Yaya Erin Rivera leads this earth-based, multidimensional wellness curriculum alongside 13 experienced elder, auntie, and sister guides sharing wisdom across the Maiden-Mother-Crone Continuum. BIPOC scholarships and payment plans available.

CASS ESTES

HOOD RIVER, OR + VIRTUAL | INTIMACY COACHING + HEALING | \$222+

CASSESTES.COM | [@ESTESCASSANDRA](https://www.instagram.com/ESTESCASSANDRA)

Cass uses an integrative approach blending modern neurobiology, shamanic healing, and holistic embodiment with ancient Tantra, Taoism, and sacred sexuality wisdom. She guides clients through breathwork, pleasure practices, meditation, energy work, and movement, believing people are sensual beings with profound capacity for love. Her sessions help clients rediscover innate sensuality, build deeper connections, and thrive through regular experiences of ecstasy, surrender, and conscious freedom.

CONSCIOUS REVIEW:

Cass's session was the refreshing reset I had been calling in. Her calming voice and soothing energy instantly lifted my spirit. With wisdom and clarity, she illuminated practices that gently guide me back to my true essence and spirit.

—MN



DR. ZELINA: ACUVIDA

LOS ANGELES | TCM + HEALING | \$175+

DRZELINA.COM | [@DRZELINA_ACUVIDA](https://www.instagram.com/DRZELINA_ACUVIDA)

Specializing in women recovering from trauma, autoimmune conditions, and mood imbalances, Dr. Zelina addresses how trauma stored in the body manifests as illness. Her unique approach combines meditation, nutrition, and lifestyle medicine, recognizing that health is a lifestyle. Unlike typical doctors, she meets clients where they are, helping them reclaim their power. She believes people have innate healing capacity, treating root causes of disease through mind-body-spirit reconnection.

CONSCIOUS REVIEW:

Dr. Zelina's medical consultation was exactly what I needed. Her holistic approach to healing is truly refreshing — she gets to the root of any issue and offers thoughtful guidance to overcome health concerns. Her care supports alignment of mind, body, and spirit, leaving me feeling empowered and balanced.

—LM



ERIKA BLOOM WELLNESS

NEW YORK + VIRTUAL | MOVEMENT + BODYWORK | \$200+

ERIKABLOOMWELLNESS.COM | [@ERIKABLOOMWELLNESS](https://www.instagram.com/ERIKABLOOMWELLNESS)

Erika Bloom Wellness is a holistic healing oasis offering private movement, bodywork, and wellness sessions with expert practitioners. Founded by wellness pioneer Erika Bloom, the NYC studio houses the Wellness Collective, providing individualized, trauma-informed care through the signature Erika Bloom Method, GYROTONIC®, structural integration, lymphatic drainage, acupuncture, breathwork, meditation, and more in spacious, tranquil treatment spaces.

Each Erika Bloom Method private session begins with a full body read to assess any healing that may need to be integrated into your wellness program to reach your goals, balance the system and find true holistic health. Erika Bloom Method sessions are informed by structural integration and a wealth of functional movement methods. She is especially adept at Postpartum and Diastasis Correction through a combination of hands-on manual therapy, breathwork and healing-based movement.

CONSCIOUS REVIEW:

Erika offers livestreamed and online classes. Beautifully filmed and facilitated, I love how her classes emphasize alignment, correction, and integration. These classes are about loving and healing your body. And that is beautiful.

—KF



FINCA MĀLAMA

COSTA RICA | RETREAT CENTER | \$200+

FINCAMALAMA.COM

Finca Mālama is a holistic wellness center and home in Costa Rica's southern mountains near San Vito, situated riverside where they grow coffee, sugar, and 25+ fruit varieties. Their approach begins with Live Blood Cell Analysis for personalized health recommendations. Offering farm-fresh foods and premium lodging with sunrise views, they host personal retreats, signature holistic group retreats, and specialized programs with acclaimed guest teachers.

FLOW HOUSE

SANTA MONICA | HOLISTIC THERAPY | \$200—\$250

FLOWHOUSETHERAPY.COM | [@FLOWHOUSETHERAPY](https://www.instagram.com/flowhousetherapy)

Flow is home to a group of psychotherapists who work holistically, meaning that we use integrative techniques in a mind-body approach. Leaving the body out of the equation doesn't feel right - there's too much stored in there to ignore it. In addition to traditional talk therapy, they use techniques such as Eye Movement Desensitization & Reprocessing (EMDR) and Somatic Therapy help get clients to deeper, more lasting levels of awareness and change. They offer individual and couples sessions.

HEMA VYAS

LONDON + VIRTUAL | INTUITIVE + SPIRITUAL COUNSELING | PRICE UPON ENQUIRY

HEMAVYAS.COM | [@HEMAVYASHAVENS](https://www.instagram.com/hemavyashavens)

Hema, born with exceptional empathy and intuition, is recognized as a compassionate seer who uncovers hidden heartaches preventing personal growth. She combines psychology and spirituality to address root pain in high achievers. Through heart realignment therapies, mentoring, meditation, and eco-luxury retreats, she helps thousands release karmic blocks and awaken to love, transforming silent suffering into bliss while activating purpose and prosperity.

HILARY PEARLSON

MIAMI + VIRTUAL | AKASHIC RECORDS READING | STARTING AT \$555

HILARYPEARLSON.COM | [@THEAKASHICPORTAL](https://www.instagram.com/theakashicportal)

Hilary is an Akashic Records Teacher and Guide who helps others discover their unique abilities through the Records' transformative wisdom. She provides personalized readings, mentorship, and created The Akashic Portal—a comprehensive platform offering self-guided programs, meditations, and transformational tools. Through her grounded, compassionate approach, Hilary creates healing spaces for self-discovery, empowering clients to trust their Soul's wisdom.

INOCHI BODYSPACE

MALIBU | PILATES + BODYWORK | STARTING AT \$99

INOCHIBODYSPACE.COM | [@INOCHIBODYSPACE](https://www.instagram.com/inochibodyspace)

INOCHI is a Pilates and bodywork studio that facilitates positive, productive relationships with the body. They align Pilates with biomechanics and utilize mental imagery and embodiment techniques to emphasize movement quality. This approach helps clients feel strong, poised, and fully present in their bodies through focused, mindful practice.

INNERLANDS HEALING HYPNOSIS®

LOS ANGELES + CDMX | HEALING HYPNOSIS + SOMATIC THERAPY | \$111+

MYINNERLANDS.COM | [@INNERLANDS_](https://www.instagram.com/innerlands_)

Frida Oliva is a certified Healing Hypnosis® therapist specializing in Mind-Body Syndrome and somatic trauma-informed therapy. Based between Los Angeles and Mexico City, she offers bilingual sessions online and in-person. Through her INNERLANDS project, Frida integrates hypnosis and somatic tools to help clients reconnect with their bodies, release stored trauma, and approach life with greater clarity, resilience, and purpose.

HANDS OF MERCURY

PORTLAND + VIRTUAL | ASTROLOGY + TAROT | \$75—\$350

HANDSOFMERCURY.COM | [@HANDS.OF.MERCURY](https://www.instagram.com/hands.of.mercury)

Samantha provides individual and communal offerings devoted to self-inquiry and sacred ritual, fostering deeper intimacy within our shared cosmic experience. With over a decade of study, she helps clients explore who they're meant to be and how to honor their precious time. Services include astrology and divination consultations, ceremonial services rooted in Mayan tradition, and mentorship to access unique soul wisdom.

CONSCIOUS REVIEW:

Samantha's passion for and knowledge of astrology is DEEP. Her reading of my chart connected aspects I'd never had explored for me before. In our session, she outlined how the planetary transits would influence my year, what to focus on in each season, and then answered more specific questions I had about work, timing, and travel. For such a young woman, her knowledge is vast.

—KF



HAMPUI HATS



In the Andes, where each hat originates, Quechua speakers say “Hampui” - “Soul of mine, Return to me.” Founded on this principle, Hampui Hats believes hats are tools for transformation, calling back the pieces of our being and helping to heal our relations with ourselves and one another. Committed to crafting quality hats that respect the balance of reciprocity in our ecosystem. They source sustainable materials, such as free-range sheep for felt and natural dyes for hat colors. Their use of soft llama leather sweatbands support Andean llama herds. By showcasing global traditions of their artisan partners, they create a fair market for vanishing crafts and connect their community through beauty.

HAMPUIHATS.COM | @HAMPUI_HATS

JANA CARREY HEALING

VIRTUAL | CHANNELING + INTUITIVE HEALING | \$44—\$7,500

JANACARREY.COM | @JANACARREYHEALING

Jana Carrey co-created The Nourished Paradigm, a sanctuary of ancient wisdom and transformation. As a New Earth Teacher and Master Intuitive Healer, she guides clients from toxic burnout cycles into regenerative living and leading. Her work interweaves channeled guidance, quantum healing, flower essence therapy, and nervous system recalibration, rooted in Gaia’s wisdom and cosmic intelligence. Through sessions, mentorships, and ceremonies, she helps others embody their Soul’s joy, creativity, and power.

CONSCIOUS REVIEW:

Jana’s channeling is spot on. The messages she shared from Source were not only beautiful but also practical—tools I’ve been able to integrate into my daily life. Her session offered a gentle, powerful way to connect more deeply with the world around me. She reminded me of the power of my voice and the importance of sharing it with confidence and clarity.

—MN



KRISTIN DAHL NUTRITION

SANTA MONICA + VIRTUAL | FUNCTIONAL NUTRITION + HERBALISM | \$250—\$1,300

KRISTINDAHLNUTRITION.COM | @KRISTINDAHLNUTRITION

Kristin is a Holistic and Functional Nutritionist and Herbalist with over 15 years of experience. Using a comprehensive, whole-body and whole-heart approach, she has helped countless clients reclaim their health, heal their hormones, and achieve optimum vitality through her specialized nutritional and herbal expertise.

LIGHT ON LOTUS

LOS ANGELES | YOGA + TCM | STARTING AT \$27

LIGHTONLOTUS.COM | [@LIGHTONLOTUS](https://www.instagram.com/LIGHTONLOTUS)

Light On Lotus is a beloved neighborhood yoga and wellness center featuring an outdoor garden practice space and treatment rooms for massage and Traditional Chinese Medicine. They offer monthly specialty workshops, kirtans, soundbaths, trainings, and special events. Their diverse class offerings range from adventurous vinyasa to restorative Yin with sound healing or cupping in savasana.

LINDEN ACUPUNCTURE AND HOLISTIC HEALTH

LOS ANGELES + VIRTUAL | ACUPUNCTURE | \$60—\$400

LINDENACUPUNCTURE.COM | [@LINDENACUPUNCTURE](https://www.instagram.com/LINDENACUPUNCTURE)

Linden Acupuncture and Holistic Health is a Los Angeles-based practice offering acupuncture and East Asian therapeutics including cupping, moxibustion, gua sha, nutritional support, herbal therapies, aromatherapy, and functional medicine. They specialize in women's health, fertility, IVF/IUI support, pregnancy, postpartum care, emotional health, digestive issues, pain management, cosmetic acupuncture, and complex health conditions. Virtual appointments are also available.

LIV MOROCCO ▾

MARRAKECH | RETREAT + CULTURAL IMMERSION | \$600+

LIVMOROCCO.COM | [@LIVMOROCCO](https://www.instagram.com/LIVMOROCCO)

LIV Morocco curates life-changing retreats across Morocco, blending soulful travel with cultural immersion and spiritual awakening. Rooted in authenticity and guided by heart, each journey is designed to reconnect guests with themselves through nature, local traditions, and meaningful encounters. From desert silence to mountain stillness, LIV Morocco invites you to experience the sacred rhythm of the land and leave transformed—restored in spirit, inspired in purpose, and deeply touched by Moroccan hospitality.



LOTEM PORAT HEALING ▶

LOS ANGELES | REIKI + HOLISTIC HEALING
\$150—\$250

LOTEMPORATHEALING.COM | [@LOTEMFLOWERHEALING](https://www.instagram.com/LOTEMFLOWERHEALING)

Lotem is an integrative holistic practitioner offering intuitively guided, heart-led sessions rooted in ancient healing modalities. She blends yoga, meditation, breathwork, sound healing, and Reiki in individual and group sessions, which she has facilitated for over a decade. Known for her loving meditation voice and soulful presence, Lotem believes each person is their own best healer, helping clients tap into their creative gifts and innate capacity for wholeness.

CONSCIOUS REVIEW:

Lotem's session began with a cup of tea and her asking what I was working on. Her calming presence made me feel genuinely held and I felt comfortable opening up to her. She led me to the massage table for a short breath work practice of circular breathing that effectively sparked my inner energy and cleared my mind. The reiki treatment followed, with crystals strategically placed on my body, was gentle and nurturing.

—KF



LOVE, EVOLVED ◀

LOS ANGELES | THERAPY +
BREATHWORK | \$250+

LOVE-EVOLVED.US | [@LOVE.EVOLV.ED](https://www.instagram.com/LOVE.EVOLV.ED)

Leigh-Anne LoPinto is a psychologist, relationship coach, and breathwork facilitator with over 12 years of experience. Combining therapy and breathwork in sessions, she has helped thousands move into secure attachment, heal from codependency, and practice conscious relating. Working virtually with clients worldwide, she specializes in using relationships as vehicles for significant healing and soul-level growth. She offers free 30-minute consultations to explore how she can support personal evolution.

CONSCIOUS REVIEW:

Leigh-Anne's session was a sweet and gentle blend of therapy and breathwork. I felt safe in her presence—free to open up, surrender to the present moment, and fully embrace my breath.

—LM

LU LOPEZ

MALIBU | LYMPHATIC THERAPY + ESTHETICS | \$34—\$360

LU-LOPEZ.COM | [@LULOPEZMALIBU](https://www.instagram.com/LULOPEZMALIBU)

Lu is a licensed esthetician who discovered that true skincare starts from within, beyond topical products. Her interest in the lymphatic system deepened after observing profound benefits to her clients' skin and well-being. She pursued rigorous lymphatic therapy training and expanded into lymphatic bodywork. Witnessing dramatic transformations in clients' skin, body, and health, Lu recognized a gap in accessible lymphatic information and developed a line of tools and oils to make lymphatic care approachable for everyone.

CONSCIOUS REVIEW:

Lu's lymphatic therapy is a transformative experience that releases stagnant fluids, leaving you feeling lighter and revitalized. Lu's expertise in lymphatic bodywork produces remarkable results for skin and overall wellness. Her specialized training, combined with her thoughtfully developed line of tools and oils, makes effective lymphatic care accessible. But I think her real magic is her intuitive flow when she's working on your face or body, she knows how to keep everything moving!

—MN



LUV COLLECTIVE

USA | EVENTS | \$500+

LUVCOLLECTIVE.COM | [@LUVCOLLECTIVE](https://www.instagram.com/LUVCOLLECTIVE)

Luv Collective brings experiential wellness to private events, curating conscious, unforgettable gatherings with magical touches including sound baths, tarot parties, and astrology. This wellness company has a network of over 400 vetted practitioners across U.S. cities, making it easy to transform any celebration into a magical, approachable, high-vibe experience that combines mystical elements with memorable moments.

MAGIC OF I.

GLOBAL | ASTROLOGICAL TOOLS + RITUAL DESIGN | \$15—\$100

MAGICOFI.COM | [@MAGIC_OF_I](https://www.instagram.com/MAGIC_OF_I)

Magic of I. is a globally recognized, artist-led brand creating meticulously designed astrological planners and ritual tools that merge ancient cosmic wisdom with practical, intentional living. They bring meaning, beauty, depth, and ritual to everyday life through tools that inspire presence, alignment, and connection, making cosmic guidance accessible for modern spiritual practice.

MARIA CAULDRON

GLOBAL | PLANT DYE ARTISTRY + REGENERATIVE FASHION | \$35+

MARIACAULDRON.COM | [@MARIACAULDRON](https://www.instagram.com/MARIACAULDRON)

Quechua American artisan Maria Calderon has created plant-dyed clothing and housewares exclusively since 2013, utilizing traditional Andean dye methods for health-centric organic clothing and non-toxic housewares. She employs closed-loop regenerative practices, using native plants and Ayurvedic herbs for colors while composting all waste. Maria also runs Plant Spirit art supplies, teaches Waldorf art, advocates frequency health, and educates on sustainable living.

MOONA STAR COLLECTIVE

TOPANGA | APPAREL + GOODS + EVENTS

MOONASTAR.COM | [@MOONASTARCOLLECTIVE](https://www.instagram.com/MOONASTARCOLLECTIVE)

Moona Star is a soulful lifestyle brand nestled in Topanga Canyon, serving as an oasis for conscious living and authentic expression. The brand unites designers, artists, healers, and creatives—a community of women co-creating with heart and shared purpose. Encompassing a clothing line, creative sanctuary, and gathering space, Moona Star hosts circles, workshops, concerts, and open mics that foster deep community connection while showcasing handmade and found products that reflect conscious living in harmony with the planet.

NATALIE CUTSFORTH

BEND, OR | SHAMANIC HEALING + CLAIRVOYANT READING | \$400—\$5,800

NATALIECUTSFORTH.COM | [@FOLLOWTHEDIVINEMYSTERY](https://www.instagram.com/followthedivinemystery)

Shamanic practitioner, spiritual mentor, clairvoyant reader, healer, and author of “Tame Your Energy Sensitivity,” Natalie Cutsforth has facilitated life-changing transformation in over 5,000 private sessions worldwide. Through her Sacred Mentoring program, she works one-on-one with intuitive women professionals to unearth their natural spiritual gifts and build confidence. Natalie offers readings, mentoring, retreats, and courses online or in-person at her lavender farm.

CONSCIOUS REVIEW:

Natalie’s channeled reading deeply resonated with me—it reminded me of my path as a muse. She reflected back a truth I’ve always felt: this lifetime is about embodying freedom through creative expression. Creating isn’t just something I do- it’s the essence of who I am. My identity is the expression of my soul in motion.

—LM



NAMO SANCTUARY

MIAMI | TRANSFORMATIVE AWARENESS + INSIGHT DEVELOPMENT | \$45—\$2,000

NAMOEXPERIENCE.COM | [@NAMOSANCTUARY](https://www.instagram.com/namosanctuary)

NAMO Sanctuary is a transformative sound and movement school established in 2016 to foster personal growth and well-being by tapping into individual wisdom. They offer tools and techniques for developing awareness and insight, empowering students to become their own teachers and healers. Using sound as primal universal vibration and ancient yoga techniques, NAMO guides individuals to connect with their inherent universal frequency, facilitating infinite potential development and deeper self-understanding.

NATURE AND INTENT

OJAI + VIRTUAL | CONTENT + SOCIAL MEDIA AGENCY | \$750—\$5,000+

NATUREANDINTENT.COM | [@NATUREANDINTENT](https://www.instagram.com/natureandintent)

Nourish Agency is a content and social media agency founded by Kristine Lo in 2018. Having elevated over 50 conscious lifestyle, wellness, fashion, and retail brands through comprehensive services including content creation, social media management, photography, branding, and creative direction, Nature And Intent specializes in mindful brand growth and authentic storytelling.



NICHOLE KATSIKAS

LOS ANGELES + VIRTUAL | SEXOLOGICAL BODYWORK | \$200—\$500

NICHOLEKATSIKAS.COM | [@NICHOLEKATSIKAS](https://www.instagram.com/nicholekatsikas)

Nichole Katsikas is a somatic healer, sexological bodyworker, and Reiki practitioner who weaves ancient and modern modalities. Her in-person sessions focus on de-armoring—a trauma-sensitive process releasing stored tension and unintegrated emotions through attuned touch, somatic practices, and embodied learning. These sessions support emotional release, nervous system repair, sexual empowerment, and restoration. She also offers Reiki healing, virtual yoni/womb healing, and erotic empowerment coaching for all genders.

PAINT YOUR ESSENCE

LOS ANGELES | INTUITIVE ART + SELF-DISCOVERY | \$48—\$125

PAINTYOURESSENCE.COM | [@KAREN_PAINTYOURESSENCE](https://www.instagram.com/karen_paintyouressence)

Paint Your Essence offers transformative art workshops where participants let their hands move freely, interpreting symbolic messages of self-love. Every mark holds insight, creating an adventure into inner wilderness and a reflective path to highest potential. Participants experiment playfully with vibrant hues, textures, and shapes without judgment, creating unique paintings that mirror their inner divine melody. They offer monthly group workshops and one-on-one personal discovery sessions.



REV. JOLENE STAR

RIDGEWOOD NJ | AURA SOMA + VIBRATIONAL HEALING | \$333+

THEENCHANTEDHEART.COM

Rev. Jolene Star is an interfaith minister, spiritual guide, and healer at The Enchanted Heart wellness center in Ridgewood, New Jersey. Her work integrates frequency medicine, seven-year soul cycles, grief counseling, and miracles, guided by her core beliefs that “LOVE IS THE MESSAGE” and controlling one’s frequency is paramount. She helps souls recalibrate to resonate with love, truth, and personal sovereignty, awakening innate gifts and cutting through conditioning to embody their Spirit Warrior within liminal transformation spaces.

CONSCIOUS REVIEW:

Rev. Jolene’s Aura Soma Soul Session was powerful, insightful, and truly colorful! Her channel is so grounded and beautiful. Similar to an aura reading, the Aura Soma Soul Session is channeled through the selection of gorgeous, perfume-like bottles filled with vibrant colors. From the colors I intuitively chose, Jolene was able to offer profound insight into where I am in my life at this moment. Some of the things she channeled were incredibly accurate and truly amazing.

—LM



PAIGE DIAKO PELVIC HEALTH

LOS ANGELES + VIRTUAL | PELVIC HEALTH + HOLISTIC HEALING | \$108+

PAIGEDIAKO.COM

Paige Diako transforms pelvic wellness through holistic, hands-on healing. After overcoming her own chronic pelvic pain, she passionately empowers others to achieve comfortable, healthy pelvic states. Her training in somatic sexology, scar tissue remediation, and GAPS diet informs her accessible approach. Clients receive tailored guidance in self-healing techniques including nervous system regulation, ancestral nutrition, at-home exercises, self-care practices, and folk herbal medicine through the Wise Woman Way of Healing.

CONSCIOUS REVIEW:

Having spent much of my adult life suffering UTIs, to find Paige is no small miracle. She is a holistic practitioner that specialized healing women’s health issues including UTIs, vaginal and cervical scarring, sexual trauma, BV and more through a mix of modalities including TCM, nutrition, somatic practices, craniosacral, and touch. No medical doctor I have been to considered the holistic and root causes of the UTIs I was experiencing, but Paige gave me a comprehensive plan: a eating protocol, and a gentle yet effective craniosacral massage.

—KF



RITUEL

TOPANGA, CA | RITES OF PASSAGE MENTORSHIP | \$330—\$4,400

RITUELLIFE.COM | [@RITUELLIFE](https://www.instagram.com/RITUELLIFE)

Eve Gaines reates rites of passage at her This mentorship offers attuned guidance for those in transition—named or unnamed, subtle or seismic. Together, we honor what’s ending and support what’s emerging through a personalized process rooted in ritual, somatic and ancestral practices, deep listening, and land-based reflection. Each journey is shaped by your lived experience and held with care, inviting presence, clarity, and transformation. This is a guided crossing—an invitation to move through change with intention and meaning.

CONSCIOUS REVIEW:

After lockdown, our team needed more than just a meeting—we needed ceremony. Eve designed a rite of passage for us which was profound. Luxurious, soul-filling, and nourishing on every level, our rite of passage set us on our next chapter inspired and clear-visioned.

—KF



RETREAT HEALTH ▲

TULUM + VIRTUAL | PSYCHEDELIC + HOLISTIC CARE | \$4,000+

RETREATHEALTH.CO | [@RETREATMICRODOSE](https://www.instagram.com/RETREATMICRODOSE)

Retreat is a trusted platform for psychedelic and holistic care, offering content, community, and concierge services for women seeking transformation. Their engaged online community and weekly newsletter provide guidance for newcomers exploring microdosing, integration, and somatic healing. Through curated women’s retreats, they create luxurious, safe spaces for deep connection, ceremony, and nervous system restoration, helping participants explore, evolve, and return to their true selves.

RETURN TO POINT

LOS ANGELES | INNERDANCE + CONSCIOUSNESS EXPANSION | \$63—\$300

RETURNTOPOINT.COM | [@RETURNTOPOINT](https://www.instagram.com/RETURNTOPOINT)

Return to Point offers sacred spaces and healing tools to expand consciousness and reconnect with true essence. Through Innerdance Activation, they use conscious movement, multi-layered sound, and Light Language to access the subconscious and bring awareness to what needs healing. Their core “Return to Point” experience guides participants beyond linear time and rational mind limitations, enabling deep physical, energetic, and emotional recalibration. They also facilitate Light Language Activation, transmitting soul frequency to awaken remembrance and initiate self-healing.

REVEAL WELLNESS

LOS ANGELES | 9D BREATHWORK | \$50—\$125

REVEALWELLNESS.COM | [@REVEALWELLNESS](https://www.instagram.com/REVEALWELLNESS)

9D Breathwork combines guided breathwork with diverse sounds and frequencies, designed to access the subconscious mind and release trapped emotions and trauma patterns. Each journey has its own focus and theme, helping participants expand consciousness, find deep connection and inner peace while becoming more present and less reactive through this transformative healing modality.

ROSE BUI

COSTA MESA + VIRTUAL | ENERGY MEDICINE + SOUND HEALING | \$300+

ROSEBUI.COM | [@IAMROSEBUI](https://www.instagram.com/IAMROSEBUI)

Rose is a highly gifted energy medicine guide—clairvoyant, intuitive, and deeply attuned. Using sound as one of her sacred tools, she weaves healing frequencies that awaken, clear, and transform. Her touch reaches beyond the physical, unraveling soul wounds and restoring energetic harmony. In her presence, people don’t just heal—they illuminate their souls through profound transformation.



ROMI



ROMI Apothecary crafts high-vibrational, whole-plant infused skincare by hand. We source medicinal herbs, grown with love by sustainably-minded, small farmers in the Great Lakes and Hawai'i bioregions. Our vision is to bring small moments of joy and connection with Nature via the daily ritual of facial skincare.

ROMIAPOTHECARY.COM | @ROMI_APOTHECARY

ROSIE THE READER

LOS ANGELES + VIRTUAL | ORACLE READING | \$25+

ROSIESBOOKSTORE.COM | @ROSIE_THEBOOKWITCH

Rosie is an L.A.-based witch and Tarot reader of Irish & Mexican ancestry. Trained in the lineage of Soul Tarot, she reads the cards from a present moment perspective, illuminating the energies available in the here and now. She is committed to facilitating an inclusive and psychically safe space for everyone.

CONSCIOUS REVIEW:

After embarrassingly missing our appointment, Rosie graciously offered an alternative—sending her my questions for an audio reading I could access anytime. This format proved unexpectedly powerful, eliminating the meandering nature of live sessions where readings can feel generalized or scattered. In her recorded channel, each card's message arrived with striking clarity and precision, tailored specifically to my inquiries. The space she created through this medium allowed for deeper contemplation of the tarot's wisdom. Rosie's intuitive insights felt both direct and intimate, providing guidance that resonated with remarkable accuracy.

—MN



SARA HOPMAN

VIRTUAL | SARAHOPMAN.LOVE | \$120—\$200

SARAHOPMAN.LOVE | @EMBODYING_THE_LIGHT

Sara guides clients to see their lives through their Soul's eyes, receiving empowering insights that bring clarity and confirmation. These sessions help clear energetic blocks that have kept people stuck while reconnecting them with their higher purpose and divine potential through accessing the spiritual records of their soul's journey.

SILVERLAKE SOUND BATH

LOS ANGELES | KUNDALINI YOGA + SOUND HEALING | \$35—\$350

@SILVERLAKE_SOUNDBATH

Justine is a healer and filmmaker who views the body as an instrument for cosmic attunement. She blends sound, breath, and movement to awaken creativity and restore inner harmony. Rooted in Eastern European heritage and trained in Kundalini Yoga, Kabbalah, and Daoist alchemy, her practice weaves mantra and frequency healing into alchemical experiences. Based in Silverlake, she guides artists, empaths, and neurodivergent seekers toward resilience, resonance, and peace.

CONSCIOUS REVIEW:

Justine's Kundalini session was beyond amazing. With just a short practice, I truly felt as though I gained powerful tools to awaken my kundalini through intentional movement and breath. Her guidance was both grounding and uplifting, creating a safe space for deep energetic shifts. I left the session feeling even more deeply connected to my mind, body, and spirit. I highly recommend her to anyone ready to tap into their inner power and elevate their consciousness.

—LM



SOHO ACUPUNCTURE BY JEN BECKER

NEW YORK | ACUPUNCTURE + TCM | \$145—\$230

JENBECKERACUPUNCTURE.COM
@SOHOACUPUNCTURE_BY_JEN_BECKER_

Soho Acupuncture By Jen Becker is a dedicated acupuncture and Chinese herbal medicine practice in the heart of NYC. The practice seamlessly integrates acupuncture, Chinese herbal medicine, and Chinese nutritional principles, offering a holistic and integrative approach to wellness through traditional Chinese medicine modalities in an urban setting.



STAY+VIBE

LOS ANGELES + VIRTUAL | REIKI + INTEGRATIVE PSYCHOTHERAPY | \$99—\$825

STAYANDVIBE.ORG | @STAYANDVIBE

Hae Lee is a healer, EMDR therapist, Reiki teacher, Penguin Random House author, and lifelong student who founded STAY+VIBE. She blends Eastern philosophy with Western psychology to offer integrative healing that honors the mind, body, and spirit. Her approach combines psychological frameworks, energy healing, mindfulness practices, and intuitive energy readings—each session thoughtfully tailored to meet the unique needs of her clients. Hae also offers virtual, live Reiki trainings at all levels, known for their grounded, practical, and accessible approach to energy work.

TRANQUILITY SCHOOL

TEXAS | ENERGY MEDICINE | PRICE ON ENQUIRY

THETRANQUILITYSCHOOL.COM | @TRANQUILITYSCHOOL

Alexandra is the founder and guide of Tranquility, an integrative school supporting individuals on their soul's unique journey. Rooted in years of experience and deep reverence for the unseen, she weaves ancient wisdom with grounded practices to help others slow down, listen deeply, and reconnect with their essence. Through classes, retreats, and trainings, she holds transformative space without imposing fixed paths, creating experiences that awaken senses, harmonize nervous systems, and foster sacred connections.

WANDERER'S TAROT

VIRTUAL | INTUITIVE TAROT + MYSTICAL ARTS | \$80—\$150

WANDERERSTAROT.COM | @WANDERERSTAROT

Casey offers intuitive divination sessions that remind clients of their intimate cosmic connection and strengthen relationships with personal spiritual allies. Sessions begin with invocation and meditation to facilitate connection with higher self, spirit team, and ancestral support. Casey then translates messages from guides through tarot, sight, and personal astrology, providing deeper self-knowledge and confidence on clients' spiritual paths through divine guidance and cosmic wisdom.



TAKE CARE BODY ▲

LOS ANGELES | FACIALS | \$250—\$500

[TAKECAREBODY.COM](https://takecarebody.com) | [@TAKECARE.BODYMIND](https://www.instagram.com/takecare.bodymind)

Tess Adams is a Los Angeles-based facialist, specializing in Sculptural Massage & Microcurrent treatments. All treatments focus on regenerating & restoring the tissues in the face, making them a safe alternative for Botox & filler. Great for every skin type.

CONSCIOUS REVIEW:

Seeing Tess is beyond getting a facial. She is a transformative healing artist whose touch transcends traditional skincare. Her treatments are both physical and intuitive, navigating facial landscapes while releasing muscular tension and energetical blockages stored within the skin. Tess creates a sacred space where cellular healing and spiritual recalibration occur, I always leave feeling my inner radiance even though my skin is also luminous and transformed :)

—MN

THE MAGDALENE FIELD

OJAI + VIRTUAL | CHANNELING | \$350—6000

[@BROOKE.J.ALCHEMIST](https://www.instagram.com/brooke.j.alchemist)

Brooke was born with innate psychic medium abilities and a profound connection to Divine, later remembering her purpose as a full body healing conduit for the Magdalene Field—a powerful source of higher frequencies. Through transformative one-on-one and group Immersions, she holds space using verbal transmissions, laying of hands, and channeling energy as a vessel for Divine frequencies. Her path of remembrance has been a lifelong alchemical process shaped by divine intervention. Brooke requests you approach her work without preconceived ideas, simply honoring the call within you.

CONSCIOUS REVIEW:

In Brooke's presence, transformation unfolds within a space that feels like a sacred sanctuary—warm, inviting, and imbued with tranquility. She softly holds space for your own revelations, never imposing but gently guiding as both verbal channel and energetic conduit. Her studies and devotion in connecting with the Magdalene Field energies create a cocoon of acceptance where profound shifts occur naturally. The beauty of her environment mirrors the interior journey, where her hands and voice become energetic tools that find you exactly where you need to be met.

—MN





THE SPIRAL PATH

ASHEVILLE, NC + VIRTUAL | FLOWER MEDICINE | \$18+

[THESPIRALPATH.LOVE](https://thespiralpath.love) | @THESPIRALPATH.LOVE

The Spiral Path works in collaboration with plant spirits to offer channelled flower essences and 1:1 Flower Readings for balancing your energy field using Samantha Boersma's unique body of work called Feminine Form Herbalism™. All you have to do is allow the flower into your energy field, be steeped in its vibration, and receive. Let the waters of your body memorize its magic. Be transformed by subtle.

CONSCIOUS REVIEW:

My Flower Reading with Samantha at The Spiral Path was such a gentle, magical, and grounding experience—exactly what I needed during an emotionally intense time. She led me through a beautiful guided meditation, shared intuitive reflections that resonated deeply, and introduced me to the healing vibrations of several flowers that were calling to support me. After the session, she crafted a custom flower essence for me, complete with a sweet chart and stickers to track its use. My essence was meant to cultivate presence, and I truly felt more calm, centered, and connected while using it. Samantha's work—rooted in divine feminine teachings, Ayurveda, and deep communion with plant spirits—feels like a gift from the earth itself.

—LS

TAPPING FOR TRUTH

LOS ANGELES + VIRTUAL | EFT + HUMAN DESIGN | \$175+

[TAPPINGFORTRUTH.COM](https://tappingfortruth.com) | @TAPPINGFORTRUTH

Specializes in removing blocks to relationships, Amy specialized in Human Design readings and EFT (Emotional Freedom Techniques). Amy believes that both practices help reveal the real you, beyond any trauma. She works with individuals to identify and break through negative/ limiting belief systems that affect their work, prosperity, physical health, emotional wellbeing and personal relationships. She uses a classical form of EFT and is a certified EFT trainer.

CONSCIOUS REVIEW:

Amy's session was surprisingly effective. I came to her with help shifting a tendency to lose important documents. In her 90 minute session, Amy spoke with me to intuit feelings I am experiencing about the situation, then guided me through a couple rounds of tapping. By the second round, subtle feelings of frustration and shame I'd been experiencing flipped into light heartedness and a sense of humor.

—KF



WAY OF GRACE BRANDING STUDIO

AUSTIN + VIRTUAL | BRAND DESIGN + STRATEGY | \$27—\$6,500

[LUNALOVELEADERSHIP.COM](https://lunaloveleadership.com) | @LUNABATTALIA

Luna Battalia and the Way of Grace Branding Studio create scroll-stopping brands with elevated messaging and visuals that help businesses stand out. Their services include affordable digital branding products for DIYers and custom packages for new projects, encompassing messaging, strategy, web design, and comprehensive brand design.

CONSCIOUS REVIEW:

Luna's Brand Design offering was exactly what I needed as I prepared to launch my brand. Her guidance sparked excitement and helped me see my business with renewed clarity and intention. She reminded me that a brand is more than strategy—it's a soulful extension of self, nurtured through presence and purpose. Our session left my heart full and my vision alive.

—LM



WATER TIGER

VIRTUAL | SPIRITUAL COACHING | \$66 / MONTH

JULIEPIATT.COM | @SRIMATI

This container offers a sphere of living techniques which can provide you the experience of a deep remembrance of the treasures awaiting inside your own heart, so you may truly serve that which you were designed to express. These guided meditations, healing techniques, monthly gatherings and devotional practices are designed to lead you into deeper relationship with yourself so that you can embody the love that you truly are.

WELLSPRING 88

LOS ANGELES | PRIVATE SESSIONS + WORKSHOPS + GROUP CLASSES | \$28+

WELLSPRING88.COM | @WELLSPRING88COLLECTIV

Wellspring 88 is a center for conscious and authentic living in Redondo Beach. Founded in 2023 by Clinical Psychologist Dr. Kelly Waggoner and Architect/Spiritual Author Farnaz N. Reneker, this community hub offers daily mindful movement, meditation classes, workshops, retreats, and wellness sessions. Their flagship 6-month “Path of Mastery” program guides women through self-discovery in sacred community. The center includes a nonprofit extension providing holistic wellness access to underserved communities.

CONSCIOUS REVIEW:

Wellspring 88 is a high vibe and cozy sanctuary in Redondo Beach, South Bay. Their group classes are welcoming and beautifully led. I love that they provide mats and props for any class or workshop. The facilitators of the classes I attended were each uniquely gifted and led my mind to a state of relaxed bliss in both a yin reiki class and a soundbath. I would make the journey to South Bay again for a workshop with the co-founder Farnaz, who specializes in “soul remembrance”—helping people remember who they are underneath all the stress and social media anxiety.

—KF

WONDERFLOW

LOS ANGELES | RITUAL + CEREMONY | \$147—697

THEWONDERFLOW.COM | @THE_WONDERFLOW

Stefy Garcia is the founder of The Wonder Flow and a Reiki Master, Breathwork Teacher, Akashic Records Reader, and Certified Ritual Facilitator. She creates immersive experiences blending ancient practices with modern rituals, guiding individuals through life’s challenges with compassionate support. Having led hundreds of healing sessions across the U.S. and Mexico, this bilingual practitioner helps clients overcome inner blocks and reclaim their essence. Her mission is creating an inclusive community where transformative healing practices are accessible to all.

CONSCIOUS REVIEW:

Stefy’s 1:1 healing session was truly beautiful. Her pure energy and gentle kindness set the tone, creating a ritual that carried me gracefully into a new season. She reminded me of the softness of a peony — and that I, too, am the peony, ready to blossom with open petals and an open heart, embracing the universe.

—LM



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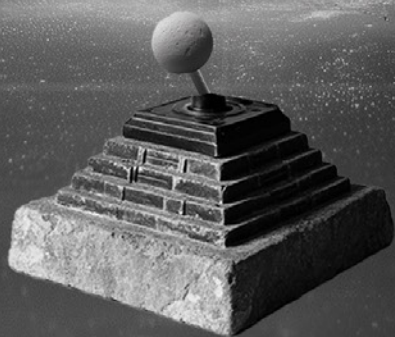


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