

Welcome to Humboldt Holistic Life with Alex!

2015 Graduate of Healing Hands School for Holistic Health in Southern California, Alex Ammon has dove deep into her craft. She advocates for feeling at home in our bodies and staying in tune with the natural world around us as much as we can. As a **Licensed massage therapist and herbalist** for 8+ years, she is always still learning and growing with the ebbs and flows of life.



She offers therapeutic in-home massage and energy healing sessions which include a mixture of knowledge from traditional Swedish massage, deep tissue, reflexology, lomi lomi, and tui na while mixing in sound bowls, tuning forks, and aromatherapy.

Alex **facilitates classes** to enter into feminine reconnection by tapping back into our creative womb center. With yoga asanas, dance and self massage we can come together to love and move our bodies with no judgement. These can be done privately or in groups.

Her **herbalist consultations** are available to be scheduled through Moonrise Herbs on the plaza. Come in or call +1 (707) 822-5296.

As an added support, Alex is here to help with your home space. **Decluttering and organizational revamps** are one of her specialities. Keeping your spaces energetically clear helps the mind stay focused as well.

Alex also makes **organic and wild crafted herbal products** and looks forward to launching Summer 2023.

Alex Ammon

follow for more updates

 [@alwaysalex1111](https://www.instagram.com/alwaysalex1111)

For more information, pricing and to schedule, text/call or email

(949) 521-8757

Humboldt.Holistic.Life.with.Alex@gmail.com