



Tina Leigh

INTEGRATIVE HEALTH COACH + CHEF

Founder of Haute Health, Tina is a compassionate and intuitive optimal living practitioner and plant-based chef. She has a gift for supporting others in their wellness journey by clearly seeing their blind spots. With these insights, she is able to offer guidance, and approachable lifestyle tools that support in manifesting a healthier & happier life.

She is no stranger to the ups and downs of the health journey and as such is her own client—constantly evolving, learning, and studying—right along side you.

She is a 200-hour Registered Yoga Teacher, graduate of the Institute for Integrative Nutrition, and has been a student of wellness since the age of sixteen. She has authored *Balanced Raw* and *Superfood Juices & Smoothies*, and co-created *The Complete Idiot's Guide to Low-Fat Vegan Cooking*, and *Heed Your Call*.

You are not alone and it's never too late.

Due to colorful and challenging life experience, Tina has learned to nourish and heal from the inside out. As she has made her way through the journey to wellness, she's developed deep empathy for the emotional and physical suffering inherent in our lives. Whether food addictions, body image dysmorphia, digestive distress, hormone imbalances, weight issues, depression, anxiety, chronic fatigue, illness, fear, insecurity, or discontentment with life, Tina has been there. She understands and listens intently. She hears your desires and serves as your supportive guide and mentor.

With relaxed and relatable energy, she provides a safe space for you to share vulnerabilities and explore your highest potential. The work you do together will lead you to finally break through the barriers that have kept the best version of yourself hidden away. You will feel heard, seen, and validated. You will be inspired, motivated, and supported. You will come to see how your lifestyle habits have been incongruent with your desires and that simplistic and foundational wisdom and tools are what will lead you to experience desirable change.

Each sessions is confidential and can be booked in fifteen minute increments if you need quick support more often, and up to fifty minutes for deeper dives. During each call, you and Tina will review progress and discuss the core WHYs that drive destructive lifestyle choices & habits. These triggers are always firing due to environmental stressors, physical demands we place on our bodies, and tension in our homes, relationships, and careers. Tina will help you identify these WHYs and provide applicable tools that will best support you in nurturing, caring for, and cleaning up the areas of your life that need an upshift.

She consults holistically, addressing nutrition, relationships, physical fitness, stress management, spiritual wellbeing, self-worth, career satisfaction, and emotional health. Not only is this integrated approach more energizing and uplifting, the results are more gratifying and longer lasting.

SERVICES + RATE SHEET

15-minutes: \$27 | 30-minutes: \$47 | 50-minutes: \$77

(6) 30-minute sessions package: \$277

(12) 30-minute sessions package: \$547

To learn more about Tina, please visit hautehealthnow.com.