



HERBAL PHOENIX STL

Services Overview

Workshops • Consultations • Community Education • Event Vending

WHO WE ARE

Herbal Phoenix STL offers culturally grounded, plant centered wellness experiences designed to nurture mind, body, and spirit. Our services weave plant wisdom, community care, and trauma-informed practices into accessible, real-life support.

CONSULTATIONS & WELLNESS SUPPORT

- Initial Consultation (60-minute personalized session)
- Holistic Wellness & Integrative Support
- Wellness Coaching & Follow-Up
- Trauma-Informed Care & Grounding Practices
- Spiritual Wellness Support
- Lifestyle & Habit-Building Guidance

COMMUNITY WELLNESS & EDUCATION

- Community Wellness Gatherings
- Community Health Worker Services
- Health Education & Wellness Coaching
- Culturally Responsive Advocacy
- Health Literacy Support
- Community Workshops & Outreach

DOULA SUPPORT

- Culturally Congruent Doula Care
- Emotional & Informational Support
- Advocacy & Communication

CUSTOM CREATIVE CONSULTATION

Handcrafted artisan creations designed uniquely for you.
Dreamcatchers, Crystal Decor, Jewelry, Suncatchers, Wall Hangings, Intention-Based Pieces.

BOOKING & PRICING

To schedule consultations, workshops, or custom creations, visit **our website** or email **info@HerbalSTL.com** for quotes and availability.