

Certified Face Yoga Coach
& Wellness Advisor

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Sophia's background in journalism and her experience with Body Dysmorphia Disorder and CPTSD led her to Face Yoga over 10 years ago. As she continued to study anatomy and the brain-body connection she developed The Holistic Facelift Method, changing her business from Face Yoga Renew to The Holistic Facelift.

SIGNATURE TOPICS

- ✓ **Face Yoga & Holistic Beauty**
- ✓ **Facial Cupping**
- ✓ **Self-Care**
- ✓ **Radical Self-Ownership**
- ✓ **Self-Esteem, Trauma, and Mental Wellness**
- ✓ **Aging Gracefully**

Sophia has been teaching holistic beauty techniques in Toronto for over 7 years. As Canada's leading Face Yoga expert, her teachings have expanded to include Face Yoga, facial cupping, dry brushing, facial acupressure, facial massage, and more. Combining these techniques she helps her clients naturally lift their face, while deepening their relationship with themselves, through this practice of self-love and self-care.

AS SEEN ON



📷 61.7K
followers

📷 373K
avg accounts reached
per month

👤
Audience

94.4%
women

Age
10.9% 25-34
54.6% 35-54
21.9% 55-64