

Denise Meinster
Reiki Specialist

Denise Meinster is a graduate of The College of New Jersey with a degree in Business Management. Her experience includes owning and managing several businesses in the fields of real estate, financial services, and hospitality. Meinster also earned certifications in massage therapy and esthetics from The London Institute of Beauty Culture in London, England. She is a Reiki Master and offers healing energy sessions.

Denise applies her unique understanding of the human spirit along with her intuition and passion for helping others to teach us to how to unlock our innate healing ability through Ayurveda (The Wisdom of Life). The elements of Ayurveda incorporate time-tested practices that bring us back to wholeness--mind, body, and spirit!

Check out her website at www.everyday-ayurveda.com.