



My name is **Lea Tzembelicos**; In 2017 I founded Aelea Wilde Designs, a luxury wellness and alternative healing company, to inspire women to prioritize and love their self-care practice. In a world of hustle and grind, carving out time for self-care is necessary for wellbeing. After struggling with mental and physical health challenges 4 years ago, I explored a variety of wellness modalities and my passion for this project began. Rooted in Ayurvedic philosophy using crystals, essential oils, flower and herb essences, my ambition is to create a line of jewelry, essential oil blends and soaks that harness the earth elements' grounding and therapeutic properties.