



Embrace Your Natural Beauty



Hello, I'm Patty!

I'm a Clinical Herbalist, Trauma Informed Wellness Coach & Educator with a passion for holistic skincare + wellness

I believe that every woman should have access to clean, sustainably made skincare products that help her to embrace her natural beauty.

My mission is to offer a safe space, a loving high vibrational community that provides the tools, knowledge and support to help you look and feel your best!



My Story

A highly sensitive person (HSP) and ex-corporate junkie, I constantly felt depleted and burned out trying to meet the unrealistic expectations I set for myself. Growing up in a family with intergenerational trauma fueled by narcissism, addiction, and depression, I lacked self-love which led to all kinds of skin and health issues including acne, poor digestion, anxiety, and chronic fatigue.

After hitting rock bottom a decade ago, I declared that I'd had enough of feeling sick and tired all the time, and made the commitment to begin my healing journey. Through profound experiences with medicinal herbs, Reiki, and self-care practices, I learned to connect to my heart and love myself unconditionally. That gave me the courage to leave my corporate job and take a huge leap of faith by starting a three year training program in Clinical Herbalism.



More Than Just Skincare

High Vibrational Plant-based Skincare Products

All Free Flow Botanicals skincare products are handcrafted in California and made in small batches with organic & natural plant ingredients inspired by traditional Asian beauty rituals & healing practices. No harmful chemicals, parabens, sulfates, or synthetic ingredients of any kind are used. Infused with Reiki healing energy, these plant-based products promote your skin's health as well as the health of our planet.



Personalized Coaching

Trauma Informed Wellness Coaching

Classes & Community

Herbalism & Holistic Health



Distance Reiki Sessions

Herbalism & Holistic Health Classes*

- **Banyan Tree Women's Collective, 501c(3)**
 - Love Your Lymph (2024)
 - Gua Sha for TMJ Syndrome / Jaw Pain Relief (2024)
 - Introduction to Herbalism - 4 Part Series (2023)
 - Herbs for Kidney Health (2023)
 - Botanical Beauty & Skincare - 3 Part Series (2023)
 - Herbs for Spring Cleansing (2023)
 - Herbs for Love & Romance (2023)
 - Herbs for Sleep Support (2022)
 - Fall Holistic Beauty Practices (2022)
 - Herbal Support during Fire Season (2022)
 - Herbs for Healthy Aging (2022)
 - Herbal First Aid Kits (2022)
 - Summer Holistic Beauty Practices (2022)
 - Detoxifying Herbs for Overall Health (2022)
 - Herbs for Chronic Stress (2021)
 - Spring Holistic Beauty Practices (2021)
 - Herbs for Immune Health (2021)
- **Five Flavors Herbs**
 - Spring Holistic Health & Beauty (2023)
 - Fall Holistic Health & Beauty (2022)
- **Northern California Herb Society**
 - Botanical Beauty & Skincare (2023)
 - Handmade Holiday Gifts (2021)
- **Online / Community**
 - Winter Holistic Beauty Rituals (2022)
 - Gua Sha for Glowing Skin with Brittny Howell, MD (2021)
 - Spring Holistic Beauty Rituals (2022)
 - Fall Holistic Beauty Rituals (2021)

* Classes taught before 2021 are available upon request.



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Brand Collaborations

- Glowing Goddess: Skin & Sound Bath with Herbal Facials & Reiki (2023)
- Instagram live with Certified Crystal Practitioner Crystal Matey of Kaleidoscope Elements @kaleidoscopeelements (2023)
Topics: Crystals for Healing & Community, Herbs & Skincare for Well-being
- Release & Restore Goddess Gathering, Women's Healing Event (2022)
- Product Giveaways with Five Flavors Herbs (2021), The Big Love Giveaway (2021), @buenqamino & @lovejaybeauty (2019)
- Awaken to Spring Subscription Box Featured Product Collaboration with @rnarieshop
- Instagram live with @barbellblondie (2021).
Topics: Maskne Support, Fitness for Total Health
- Instagram live with Rebecca Jones @balletblends (2021)
Topic: Eco-friendly Beauty & Skincare Tips for Dancers
- Instagram live with @salia.edenslove (2021)
Topic: Conscious Living x Conscious Beauty
- Instagram live with Ayurveda & Holistic Nutritionist Chantal Boyer @bonjourbellie (2021)
Topic: Ayurvedic Diet Support for the Fall Season
- Instagram live with Highly Sensitive Person (HSP) Lifestyle Coach Julie Staub @hsp.juliestaub (2021)
Topic: Sleep Support for the Fall Season
- Instagram stories takeover with @iamelizabetsalamanca (2020).
Topic: Health & Beauty Benefits of Gua Sha Massage



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Free Flow Botanicals Features

- [Beauty Picks & Tricks: Free Flow Botanicals Feature by DizzySpangle \(Oct 2018\)](#)
- [Simple Healing Space Interview & Blog Feature \(Feb 2021\)](#)
- [Asian-American & Asian Owned Beauty Brands & Retailers to Support by Beauty Independent \(Mar 2021\)](#)
- [A Complete Guide to Facial Toners by CleanBeautyGals \(2021\)](#)
- [TeenVogue Gua Sha Feature \(Apr 2021\)](#)
- [Yahoo!Life Best Products -The 10 Best Rollers \(2021\)](#)
- [A Side of Sweet -Blog Feature & Holiday Gift Guide Feature \(Nov 2021\)](#)
- [Five Flavor Herbs -Blog Feature & Holiday Gift Guide \(Nov 2021\)](#)
- [Keeping up with Coco -Holiday Gift Guide Feature \(Nov 2021\)](#)
- [Hearts & Crafts Market Feature by SecretSanFrancisco \(Feb 2022\)](#)

Let's Collaborate!

I would love the opportunity to collaborate with a shared goal of increasing brand reach & providing interesting, fresh content.

Collaboration ideas:

- Product giveaways
- Instagram stories takeovers
- Co-hosting Instagram lives
- Teaching a mini course
- Guest blogging

Topic ideas:

- Holistic skincare + wellness
- Herbalism + holistic health
- Spirituality + healing
- Childhood trauma recovery
- Highly Sensitive Person (HSP) support

Contact

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