

gabriela délano-stephens

co-founder / co-ceo
nutritionist



Most of Gabriela's career has been at the intersection of health, business and design, and her nontraditional career path includes positions in business development at Deloitte in Prague and Madrid and management in MJDS Fishing in Canada.

She spent five years as an independent health coach and holistic nutritionist, and has a bachelor's degree in Food, Nutrition and Health from the University of British Columbia and a Health Coaching Certificate from the Institute of Integrative Nutrition in New York, NY. While Local Time is informed by Gabriela's professional expertise, its essence is deeply rooted in the multicultural, multicontinental background of her childhood.

Growing up between the forested landscapes of Southern Chile and British Columbia, Gabriela cultivated a deep appreciation for the cultural contexts that shape our connection to ourselves and to nature. At home in both the Americas, she witnessed her parents – a restaurateur and ecologist/entrepreneur – participate in the mobilization of a successful community movement to protect the ancient forests of Clayoquot Sound in Tofino, Canada, while building relationships throughout Chile to preserve large tracts of native forests throughout the Araucaria region.

The notion of environmental stewardship is among her birthrights, and part of the motivating force behind creating an impact-driven company with a triple bottom line.

Among Gabriela's earliest travel memories is a wellness ritual administered by her mother: a daily dose of grapefruit seed extract and Spirulina in the morning juice (resisted, but never questioned). Later, when an Ecuadorian shaman instructed her to take cats claw, sarsaparilla and dragons blood every day, she followed the prescription with fidelity, and credits this wisdom with keeping her from getting sick during a three-month journey through Southeast Asia (not once!). Since then, Gabriela has lived and worked in six countries, traveled extensively, and continued to study nutritional health – an ever-evolving frontier where old wisdom and new science continue to influence our daily life.

Having accumulated her own 'travel hacks,' she was inspired to learn more about the unseen effects of flying and share proven, yet lesser-known wellness solutions with the world.