

DUBAI



Maria Abi Hanna

Co-Founder, Licensed Dietitian, Lifestyle & Wellness Consultant

Having graduated from the American University of Beirut, with a Bachelor of Science in Nutrition and Dietetics, Maria moved to the United Arab Emirates to pursue her career in nutrition working in different areas from individual counseling to community work, as well as a full-time role in the foodservice industry.

Maria is a certified Eating Disorder specialist, where she counsels and helps many individuals suffering from anorexia, bulimia and other related eating disorders



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Nadine Tayara

Co-Founder, Licensed Dietitian, Lifestyle & Wellness Consultant

Born and raised in the UAE, Nadine is a graduate of Canada's McGill University where she attained a Bachelor of Science Degree in Nutritional Science. She moved back home to the UAE to build on her career in nutritional services, from one-on-one nutrition counseling and personalized dietary plans to community work as well as foodservice projects. Nadine is a certified *mBIT* and NLP Master Coach, as well as a NLP, Time Line Therapy™ and Hypnotherapist Master Practitioner; thus complementing her passion for creating a positive life and enhancing one's well being by nourishing the mind, body & soul!

