Bianca Lynnette Helps people manage stress even during these uncertain times



Columbia, May 17, 2020 (Issuewire.com**)** - As a stress management facilitator Bianca Lynnette is someone we could all benefit from having in our corner.

With her company, Recreate You Mental Wellness Boutique, she provides the tools to assist with managing stress and overcoming some anxieties.

She is a Certified Life & Health Coach, Meditation Teacher, Certified Herbalist, Holistic Massage Practitioner, and Doula in training. Being a busy mom and wife herself, Bianca understands how everyday life can get overwhelming.

Bianca spent nearly a decade in healthcare management and lead marketing. Her experience in that setting allows her to effectively understand the physical and mental pressures of working under stressful conditions.

Between her mindful meditation, restorative yoga, and organic products she provides customized options for anyone needing to relieve a little stress.



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