

## St. Louis Native, Michele Metts, Makes History

**\*\*Michele Metts also known as Vanity Style Makes History as the First Black Woman from St. Louis to Create, Own and distribute her own Health, Wellness, Vitiamin and Supplement Brand\*\***



**Saint Louis, Missouri Mar 14, 2025 ([Issuewire.com](https://www.issuewire.com))** - **\*\*Michele Metts also known as Vanity Style Makes History as the First Black Woman from St. Louis to Fully Own a Health & Wellness Brand\*\***

Michele Metts, founder and owner of **\*\*VanityCurves\*\***, is making history as the first Black woman from

St. Louis, Missouri, to create and 100% own a health and wellness brand. With a mission deeply rooted in self-love, fitness, and mental well-being, VanityCurves is more than just a brand—it's a movement empowering women to embrace their strength, confidence, and overall wellness from the inside out.

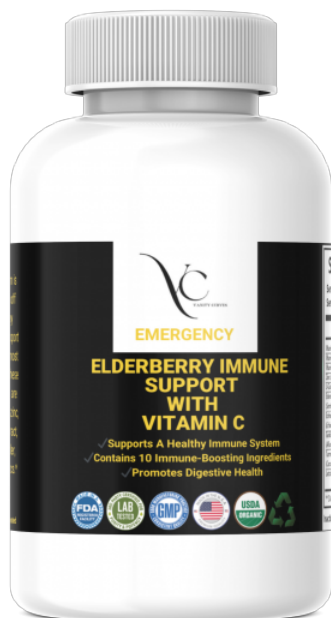
Metts, a passionate mental health advocate, motivational speaker, and published author launched VanityCurves to bridge the gap between physical fitness and emotional well-being. Through her groundbreaking campaigns, **\*\*Curves & Confidence\*\*** and **\*\*Stronger Inside & Out\*\***, she is redefining what it means to be healthy—prioritizing self-care, mindset, and fitness as key pillars of transformation.

"I created VanityCurves because I know firsthand the power of self-love and the journey to wellness," says Metts. "This brand isn't just about looking good; it's about feeling strong, confident, and whole—mentally, emotionally, and physically."

VanityCurves offers curated wellness programs, all natural vitamins and health supplements as well as monthly challenges including the **\*\*Stronger Inside & Out Challenge\*\***, a professionally designed 30-day guide that blends fitness, mindset shifts, and mental health awareness. The initiative is aimed at helping women break barriers, build resilience, and reclaim their power.

As a Black woman entrepreneur breaking new ground in the health and wellness industry, Metts' journey is a testament to perseverance, passion, and purpose. Her story is an inspiration to women everywhere, proving that with determination and vision, anything is possible.

For more information on Michele Metts and VanityCurves, visit [www.linktr.ee/Vanity4real](http://www.linktr.ee/Vanity4real)



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