

Gail Marie Palms is a visionary wellness professional, educator, and advocate for integrative health whose work is rooted in service, integrity, and deep respect for the body's innate capacity to heal. With decades of hands-on experience in holistic wellness, Gail is known for her grounded leadership, compassionate presence, and unwavering commitment to ethical, non-diagnostic education.

She is the founder of a holistic wellness center and school, where she supports individuals through natural, body-based therapies and empowers practitioners through education, mentorship, and professional development. Gail's approach bridges traditional wisdom with modern wellness practices, always emphasizing safety, scope, and informed client care.

As a respected leader within the professional wellness community, Gail has played a pivotal role in advancing standards, education, and unity within her field. She is recognized for her ability to bring people together, navigate complex organizational challenges with clarity, and lead with both strength and heart. Her leadership style is collaborative, transparent, and purpose-driven.

Gail Marie Palms is guided by a simple but powerful mission: to educate, empower, and uplift—so individuals and practitioners alike can thrive, ethically and sustainably, in service to others.

Gail Marie Palms

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