

Tamara maria.ca

A SELFCARE
LIFESTYLE
BLOG



about the blogger



Tamara Maria is a passionate self-care lifestyle blogger. A nutrition and stress management educated, gut and mental health advocate. She collects crystals and is obsessed with astrology. Tamara's a single mom, who believes that self-care is simply an absolute non-negotiable daily act that we need to normalize and encourage. She loves to live a healthy lifestyle that includes self-care (obv), green juices, running, and a well-deserved cocktail at the end of it all.

social media



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collaboration interests

Natural Supplements
Gut & Mental Health
Astrology & Crystals
Fitness & Outdoors
Detoxes & Juices
Woman Focused &
Canadian Based Business

