

Media Kit

Empress  
Dyana

RN-BSN -LNC NURSE • AUTHOR • HOLISTIC WELLNESS COACH





A portrait of Diana Leslie, a Black woman with dark dreadlocks, smiling. She is wearing a patterned jacket with black, white, and red geometric designs. The background is a soft-focus indoor setting.

# About Me

After an illustrious career as a Registered Nurse spanning three decades, - from the Emergency Room to the Intensive Care Unit, Diana Leslie RN BSN experienced her own health crisis. In 1998, rare side effects from childbirth, obesity, and multiple medications were enough of an impetus for her to seek alternative help.

Diana went on to explore and obtained Certifications in Herbology and Aromatherapy and Detoxification which assisted her in her health journey towards balance and optimum health.

She also completed Reiki 1 & 2 training along with meditation/yoga at Shivananda Ashram sites across New York City and Pennsylvania.

With her vast knowledge of health & wellness, & natural plant remedies, Ms. Leslie advocates self-care so that everyone can maintain a healthy lifestyle no matter what life throws their way!

## Connecting People To Plants

You call it a useless bush, I call it an Aromatic Healing Plant. We all know that in today's world, we are all seeking optimum health and healing. No longer are we subscribing to what traditional medicine tells us to do. We have become more informed, and therefore, empowered to take our health into our own hands, by making better decisions.

According to the National Institutes of Health, most of the diseases affecting people today are stress related. Slow down and take advantage of the valuable information in this book to address your health concerns. Journey with me to explore ancient remedies used by our African ancestors, the Arawak Indians and the Maroons, that have recently become mainstream again.

From All Spice, (pain reliever) to Rosemary, (V-Steamer) to Ylang Ylang (aphrodisiac), we provide you with plant-based alternatives.

Unlock the practical knowledge in **21+ Jamaican Essential Oils from Aromatic Plants** book to reclaim your power. Your health is your wealth.

# Available For

- 'Heal Your Self' Holistic consultations
- Yoga & Fitness Training
- Public Speaking & Empowerment Coaching
- Print, Radio & TV Interviews, Appearances, Brand Partnerships + More
- Book Signing

# As Seen In

 JAMAICA  
**OBSERVER** ESSENCE

**The New York Times**

**amazon**

**BARNES & NOBLE**

# Social Media & Contact Information

**Socials:**

Website: [www.empressdyana.com](http://www.empressdyana.com)

Instagram- Tiktok- X : [@empressdyana](https://www.instagram.com/empressdyana)

Facebook: [@empressdyana](https://www.facebook.com/empressdyana)

Youtube: **Empress Dyana**

**Contact:**

Email: [hello@empressdyana.com](mailto:hello@empressdyana.com)

Phone: 1(954)

PR: [hello@nextprsolutions.com](mailto:hello@nextprsolutions.com)

Phone: 1(954)504-3328