



ALINA UCHIDA

BHSc – Comp Medicine, Dip BotMed, Dip Arom
MATMS

Founder, Abundant Earth
Clinical Western Herbalist & Aromatherapist
Scent Branding Consultant

With over ten years experience as a Clinical Western Herbalist & Aromatherapist, Alina has had the good fortune to step into a number of interesting and challenging roles.

She spent her first three years of private practice in her home town Sydney, Australia, at the holistic Life Natural Healing Clinic, where she consulted private and corporate clients.

Her passion for natural medicine, wellness education and entrepreneurship, led her to found Abundant Earth in the heart of Singapore's CBD, in 2004. The concept store, specialising in providing customised health & wellness solutions, based on medicinal herbs & premium quality essential oils, combined with a natural healing clinic, and educational space, was a first for Singapore.

Since then, she has consulted for, created, developed, and managed personal care & wellness brands for various local lifestyle companies, such as TWG, The Health Club, Hadara Aesthetic Boutique, HIC, and Little Green Dot.

Alina is an informative speaker and presenter for natural health and beauty. She has been a regular voice on the airwaves on Gold 90.5fm, where she presented weekly natural health tips and advice.

In addition to her private practice, and operating Abundant Earth, Alina enjoys sharing and empowering people with the knowledge of natural self-care and preventative health care. Her rare combination of clinical, technical & creative experience, brings fresh perspective and relatable insights to her talks. She regularly facilitates educational sessions and hands-on workshops for Abundant Earth, NTUC Learning Hub, UOB Bank, and other lifestyle brands. She is increasingly expanding her collaborations in this space, where she creates awareness for optimal living through making healthier lifestyle choices.

For enquiries, contact Alina at alina@abundantearth.sg.
