

IGGY VAN DINTHER

HEALTH AND WELLNESS

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With over 15 years of experience in the health and wellness industry, Iggy van Dinther is a seasoned advisor dedicated to promoting holistic well-being. Her journey began in the world of modeling, where maintaining peak physical fitness was essential. Starting yoga at the age of 15 and engaging in daily sports activities, Iggy has always been passionate about health and fitness. Having been involved in professional horse riding from a young age, she understands the discipline and dedication required to stay fit and healthy.

At 26, Iggy's life took a dramatic turn when she was diagnosed with a rare tumor. This life-changing event led her to explore alternative healing methods, including a three-month alkaline cleanse with green juices by Robert O. Young, which successfully reversed her condition. Since then, Iggy has embraced regular juice cleanses, detox retreats, and Dr. Schulze's diet, becoming an expert in biohacking. Her routine includes weekly cold plunges, daily workouts, sleep monitoring, meditation, journaling, and breathwork.

Iggy's extensive training in well-being and her commitment to personal growth led her to Cape Town, where she engaged in women's work and spiritual healing. At the peak of her modeling career, she sought greater meaning and purpose, embarking on a profound spiritual journey. This introspection helped her uncover her gifts, which she previously shared through her platform, 'Models See The Light.' This initiative spread a powerful message of body positivity, self-awareness, and the strength of sisterhood, empowering individuals in the industry to shine from a place of authenticity and self-love.

As a model, actress, and businesswoman, Iggy van Dinther brings a wealth of knowledge and experience to her role as a health and wellness advisor. Her journey has been one of transformation and service, and she is grateful for the opportunity to help others achieve their best selves.

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