

A Mixed Media Hammam

Identity Ancestry † Culture

Hammam is the traditional Islamic practice of cleansing the body with steam or water. It is a beautiful public healing space that can include a variety of steam rooms, saunas and warm baths.



Holistic Healing

Indigenous Medicine

Phyllishubbard.com functions like an online "Hammam" and uses mixed media to communicate healing messages that transcend the written or spoken word. You can have a deeper understanding of healing through a feeling, a thought or an insight.

Ayurveda Is How You Live Your Life



Detoxification Rejuvenation

Meditation † Prayer

Mixed media allows phyllishubbard.com to present a customized exploration into and experience of self-care at a pace determined by each individual. No one knows you better than you.



Intuition Restoration

