



EXPLORING *therapy*

Dr. Therese Mascardo

43K+



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20K+



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POPSUGAR.

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Women'sHealth

Darling,

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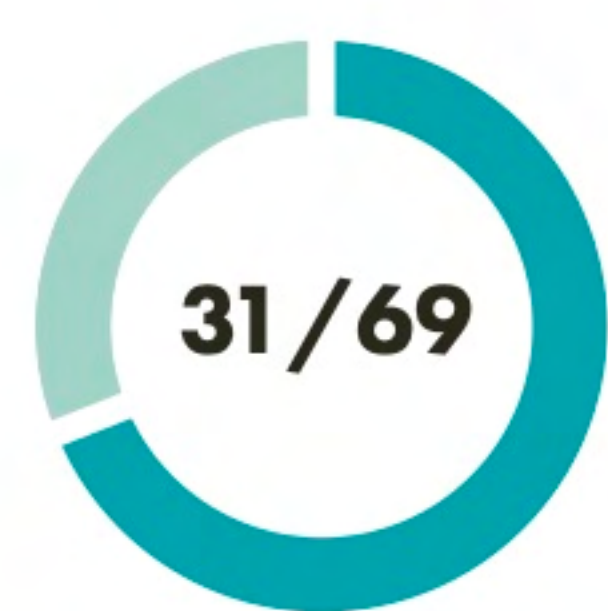


About Dr. Therese

Mental Health • Remote Work • Wellness & Travel

Equal parts Oprah, Joanna Gaines, and Anthony Bourdain, Dr. Therese Mascardo is a Filipina-American Licensed Clinical Psychologist and CEO and Founder of Exploring Therapy, a wellness community with the mission to help all people live more **healthy, free, and connected lives that they absolutely love.**

Berkeley educated, Dr. Therese travels the world as a **remote worker**, a consummate **foodie**, and a **wellness enthusiast**. Her followers see her as a tastemaker they trust for the inside scoop on all things **colorful, unique, and memorable**, especially in the areas of travel, wellness, and lifestyle.



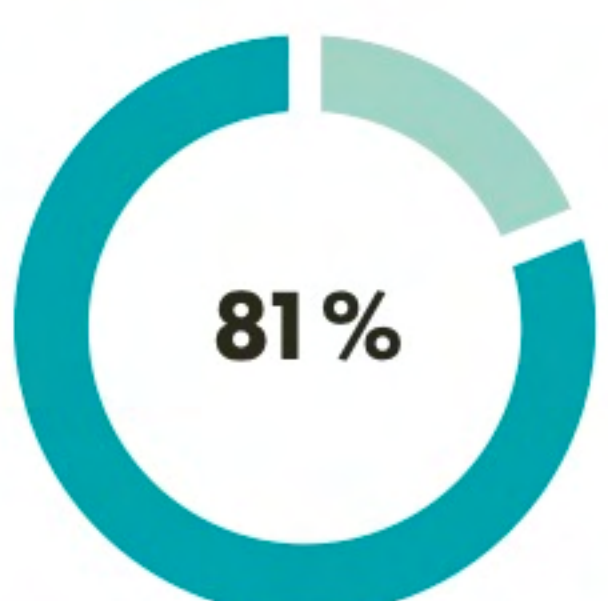
31/69

MEN VS WOMEN



53%

FROM THE UNITED STATES



81%

AGES 18 - 44

Brand Collaborations

We especially love working with brands that are led by women of color, locally owned, environmentally conscious, ethically and sustainably operated, and brands that help individuals build their self-care/wellness practice.

THE VINTAGE
LISBON

5-star hotel

The NOW

Wellness Spa

ARCONA
LOS ANGELES

Luxury Skincare

Cheese
& Wine

Boutique Hotel

the
RIVETER

Coworking Space

Sweaty Betty

Athleisure

pj harlow
SURROUND YOURSELF IN SOFTNESS

Luxury Nightwear

PROJECT | 925

Women Owned Fashion Brand

Natural Makeup