WENDY BOTH OCTOBER 21, 2026

Hidden Gems: Meet Wendy Both

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Photography: David Dobson

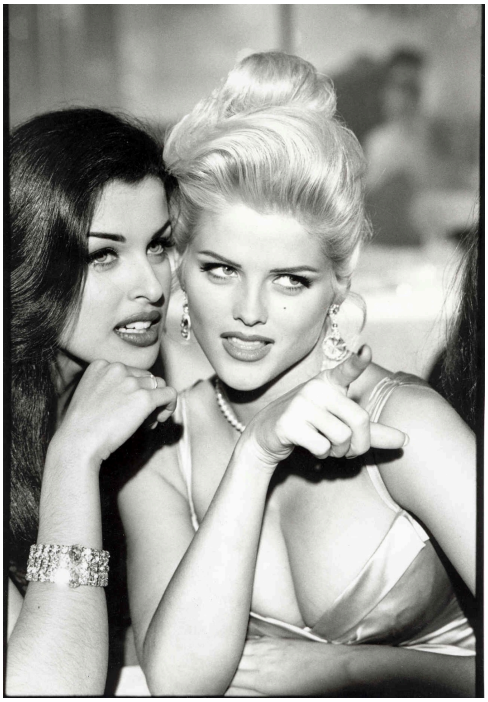
Today we'd like to introduce you to Wendy Both.

Hi Wendy, we're thrilled to have a chance to learn your story today. So, before we get into specifics, maybe you can briefly walk us through how you got to where you are today?

I was raised in Vught, a small town in the Netherlands, by an Indonesian/Indian father and a Dutch mother. I grew up in a loving and supportive family, with parents I've always been very close to and a special bond with my sister Joyce that continues today, despite the distance between us. I'm incredibly grateful that my parents trusted me and encouraged me to follow my dreams, even when that meant venturing so far from home at such a young age.

When I was 16, my aunt Trudy entered me in a televised national modeling competition without my knowing. I made it to the finals, which ultimately brought me to Miami to pursue modeling professionally. Suddenly, I was a teenager living on my own, entering an entirely new world and learning very quickly how to navigate it. I was independent by nature, resourceful and resilient, and never afraid to speak up for myself or stand my ground. Those qualities served me well as my career began to unfold.

I am fortunate to have worked with many top photographers such as Patrick Demarchelier, Steven Meisel and Fabrizio Gianni, and appeared in campaigns such as Guess, Victoria's Secret and Corneliani. My modeling career gave me the opportunity to work with so many incredible people, including one of my favorites, Formula One legend Ayrton Senna, and took me around the world before eventually landing me in Los Angeles, where I settled, built my life and raised my daughter, Sophia.



Photography: Daniela Federici



Photography: Troy Jensen

My return to Miami came years later, when Sophia was starting college at the University of Miami and asked if I would make the move with her. We've always been incredibly close, and since I had wanted to return to Miami for years, it was an easy yes. There was also something very meaningful

about returning to the city where my American journey had begun. I love the energy of Miami, the music, the people and cultures, the water, the beauty, even the dramatic cloud formations. There is a familiarity here that has always felt like home to me.

Today my life and work have grown in many different directions since I first arrived in Miami. I'm grateful that modeling continues to be part of my life and has evolved along with me over the years. Along the way, another part of my life began to unfold. Growing up, my Indonesian grandmother introduced me to her psychic and mediumship abilities, which fascinated me from an early age. Years later, a chance conversation with a stranger in a metaphysical store introduced me to Reiki. It resonated with me immediately and ultimately led me to become a Reiki Master. As I explored this path more deeply, my own intuitive abilities, mediumship and animal communication continued to grow and strengthen.



Photography: Andre Gabb

My sessions combine intuitive coaching and guidance with my ability to see, hear and feel information that can help answer a client's questions and give them a deeper understanding of their circumstances. This can include communicating with loved ones who have passed, as well as animal communication when relevant. Beyond providing answers, I help clients recognize patterns, shift what may be keeping them stuck, and make positive changes in their lives.

During Covid, my work shifted from in-person to phone sessions, and what began out of necessity evolved naturally as the intuitive coaching and guidance became the heart of my work. Clients really embraced the ease and accessibility of the format, and today most of my sessions are done by phone, which allows me to work with clients wherever they are.

Over the years, this work has continued to evolve in ways I never necessarily planned. It was through working with a longtime client that I was first asked to create and officiate an uncoupling ceremony, which eventually led to officiating weddings and other meaningful ceremonies. In many ways, my life has come full circle. I'm back in Miami where my American journey began, but with decades of life experience, motherhood, personal growth and different paths that have shaped who I am and how I help people today.





Can you talk to us a bit about the challenges and lessons you've learned along the way. Looking back would you say it's been easy or smooth in retrospect?

It definitely hasn't always been a smooth road. I entered the modeling industry very young, and with that came a tremendous amount of pressure around appearance, weight and perfection. I was living on my own in Miami, traveling and learning to navigate an adult industry while I was really still a teenager. There were incredible experiences, but there was also rejection and the process of learning not to allow outside validation to determine my worth.

Over the years, I've learned that some of our most difficult experiences can become our greatest opportunities for growth. My divorce was certainly one of those. What was once a painful transition ultimately evolved into something I'm incredibly grateful for. My former husband and I are very close, genuinely care about one another, and have been incredibly supportive of each other. We've also built a wonderful co-parenting relationship. To me, that is a reminder that the way something begins doesn't have to determine what it eventually becomes. What I've learned through all of it is to focus on what truly brings you joy, while also allowing life to play out. Things don't always turn out the way we imagined or hoped they would, but I've learned that sometimes what initially feels like a disappointment can ultimately lead us in a completely different, and often better, direction. Modeling has taught me that countless times, but so has life.

I often say, the bigger the trigger, the bigger the growth. Some of the experiences that have challenged me the most have taught me the most about myself, and much of what I've learned through my own experiences naturally finds its way into how I help others today.

Thanks for sharing that. So, maybe next you can tell us a bit more about your business?

My work is centered around intuitive coaching and guidance. As an intuitive guide, I see myself as a vessel for the information that comes through during a session. I may receive thoughts, feelings, images or impressions that can help bring clarity to what may be happening in someone's life and why. People come to me with questions about relationships, family, career, life changes or simply something they've been struggling to understand.

But my work goes beyond giving someone answers. I want to give people tools they can actually use in their lives. I believe we come into this life with certain lessons to learn, and often those lessons reveal themselves through patterns that continue to repeat until we recognize them. A big part of my work is helping someone identify those patterns, understand what they may be here to teach them, and show them a way to break the cycle so those same patterns don't continue to repeat. I often talk about moving from a victim mindset into a hero mindset, recognizing your own strength, understanding the choices you have and realizing that you have more power in a situation than you may think. Sometimes that means learning how to communicate from a place of love rather than from fear, anger or defensiveness.

I often describe myself as both a guide and a cheerleader. I can offer information and guidance, but ultimately I want people to trust themselves and recognize what they're capable of. Mediumship can naturally become part of a session as well. I may receive information or messages from loved ones who have passed, and that connection can extend to animals, both living and those who have passed. I'm also a Reiki Master. Although I no longer offer Reiki as a stand-alone service, it was an important part of my own journey and helped open the door to the intuitive work I do today.

Another unexpected direction came through clients who asked me to help with their cat's end-of-life care. As my work with them evolved and their marriage came to an end, they asked me to create an "uncoupling with love" ceremony. I continued working with both of them and their animals, and eventually had the honor of officiating each of their weddings when they both found love again. At one of those weddings, my intuitive work and mediumship became part of the ceremony as well, allowing a loved one who had passed to be present in a very meaningful way. It was a beautiful example of how the different parts of my work can come together.

Today I create and officiate weddings, vow renewals, uncoupling-with-love ceremonies and other meaningful life events.

One of my favorite Wayne Dyer quotes is: "When you change the way you look at things, the things you look at change." That really represents my work. I love helping people see their circumstances from a different perspective, recognize choices and possibilities they may not have seen before, and feel empowered to make positive changes in their lives.

What are your plans for the future?

My daughter Sophia and I are incredibly close, and being her mother has been one of the greatest joys of my life. I love her creativity, her adventurous spirit, and how she's always open to exploring and trying new things. She's also very intuitive, something I believe will only grow stronger with time. We genuinely have so much fun together, and I feel so lucky to have the relationship we do. She'll be graduating from college next year, and I'm excited to see what comes next for her.

For me, I'm looking forward to continuing to grow both personally and professionally. I want to expand my intuitive coaching work, while continuing to model, which I'm grateful is still an important part of my life and career. I also have a feeling that my love and connection with animals will become a bigger part of my life. I'm not sure what that will look like yet, but I am looking forward to seeing how it unfolds.

I want to keep learning, challenging myself, traveling, staying curious and really experiencing life. I've learned that I don't need to know exactly what comes next or have it all planned out. I'm open to new opportunities and excited to see where life takes me.

CONTACT

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