



Heba Mustafa

Certified Health Coach & Natural Beauty Content Creator

Palestinian

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Who is Heba Mustafa

Heba Mustafa is a Palestinian Certified Health Coach and content creator specializing in natural health and beauty. She has established a notable presence on social media platforms like Instagram and TikTok, where she shares her passion for skincare and haircare using natural, homemade ingredients with her predominantly Arab female audience. Her content focuses on providing practical and easy-to-follow recipes as alternatives to commercial products, advocating for a philosophy of holistic beauty that begins from within. Through her accounts, Heba offers valuable advice on healthy lifestyles and regularly shares educational videos demonstrating how to prepare natural masks, scrubs, and oils. Her approach is characterized by simplicity and authenticity, which has earned her the trust of followers seeking safe and sustainable beauty solutions. Heba is considered a reliable source of information within the Arab natural beauty community, inspiring many to adopt healthier habits and return to nature for their beauty care.

Achievements of Heba Mustafa

Heba Mustafa has successfully built a trusted online community for Arab women interested in natural beauty. Through her specialized content, she has become a key resource for effective and affordable homemade beauty recipes, helping thousands of followers move away from chemical-based products and adopt safer, healthier solutions. Her key achievement lies in her ability to simplify skincare and haircare concepts, presenting them in an engaging and persuasive manner. She has positively influenced the habits of many, encouraging them to explore the power of natural ingredients to achieve sustainable beauty and internal wellness.

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