



## Lubna ALRefai

Clinical Dietitian and Entrepreneur

Jordanian - United Arab Emirates

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## Who is Lubna ALRefai

Lubna Ahmad ALRefai is a Jordanian clinical dietitian and entrepreneur with over a decade of experience in medical nutrition therapy. Currently based in Dubai, United Arab Emirates, she has established herself as a prominent expert in the health and wellness sector. With a comprehensive understanding of nutritional science and a strong commitment to evidence-based practices, ALRefai aims to bridge the gap between conventional healthcare and natural wellness solutions. Transitioning from her clinical practice into entrepreneurship, ALRefai is the founder of Luby.Tea, an innovative company specializing in evidence-based herbal wellness solutions. Through her social media platforms and her brand, she focuses on empowering women and supporting hormonal balance, offering specialized dietary advice and programs. Her approach combines deep clinical expertise with an entrepreneurial vision, making her an influential voice in the region's natural health industry.

## Achievements of Lubna ALRefai

Lubna ALRefai founded Luby.Tea, an enterprise focused on providing evidence-based herbal wellness solutions. The company aims to deliver innovative products that merge expertise in medical nutrition therapy with natural medicine, addressing the growing demand for effective and sustainable health solutions.

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