

Kolae Perkins is an Idaho native that spent most of her growing up years in a rural farming community. As the oldest of seven children, Kolae learned to find joy in caring for and serving others, which has been a driving force in finding a passion for her work in healing. After receiving her certification from Wellness Life Zone in August 2016, Kolae began working as a Foot Zone Practitioner. Her business, “Heal 2 Toe”, is built on the core belief that healing requires more than addressing surface symptoms, as true healing comes through a holistic view of the physical, mental, emotional, and spiritual self. When the body is in a state of dis-ease, healing requires patience and intentional effort to gently lift away the layers to find the root cause of dis-ease and the best course for healing. Kolae uses her talents as a Certified Foot Zone Practitioner to provide a wide variety of ways to connect those willing to seek healing with four different foot zones . . . each zone with a slightly customizable emphasis to meet the unique needs and concerns for each client. Kolae’s extensive continuing education in emotional release creates an avenue through which clients can find harmony between physical, mental, emotional, and spiritual health to achieve optimal overall health and wellness.

After graduating from Rigby High School, Kolae met the love of her life; and together they have been blessed with five amazing and talented children, three of whom have married wonderful spouses who bring great joy to the family. Kolae has spent the last 28 years being a wife and mother and loving every minute. In her spare time she enjoys reading, sewing, learning, handwork, and being outside spending time with Kira, their family dog.

Ho’oponopono - May you find: Healing, Peace, Love, Knowledge, and Light ~Kolae Perkins @ Heal 2 Toe~ She looks forward to serving you.

