

## Services

Optimize your metabolism and physiology with services that are customized for your needs, availability, and lifestyle. Whether you are searching for one-on-one nutrition counseling, assistance with meal prep, or would like to schedule an all-inclusive wellness vacation, Beatify has an option for you.

### Nutrition Consultations

Healthy eating *doesn't have to be difficult*. With a one-on-one consultation you'll gain the knowledge and tools you need to modify your eating habits, prevent and reverse disease, and achieve the body you want.

Consultations are offered both in-person and virtually (using Whereby services) so that you can access the assistance you need in a place and time that is most convenient for you.

The following topics will be covered (as applicable):

- |                                    |                             |   |
|------------------------------------|-----------------------------|---|
| Weight management                  | Osteopenia                  | Blood sugar control                     |
| Hormone regulation                 | Sports nutrition            | Stress management                       |
| Heart disease prevention           | Energy optimization         | Hypercholesterolemia (high cholesterol) |
| Hypertension (high blood pressure) | Fertility                   |   |
| Diabetes                           | Gut health                  |   |
| Gastrointestinal disorders         | Plant-based eating guidance |   |

Service	In Person	Virtual
Initial Consultation (1.5 - 2 hours)	\$190	\$165
Follow-up Consultation (1 hour)	\$100	\$75
Follow-up Consultation (0.5 hours)	\$60	\$45

### Pantry Clean-Outs

"They say the journey of a thousand miles starts with a single step. And if you're looking to eat a healthier diet, the first few steps should include a stroll over to the pantry." -Harvard Health Letter

To kick start your health journey I'll help you reboot your kitchen and create an environment that is conducive to your new goals. Together we will clear out the unhealthy food and make room for some better options! After all, a clean, nutritious diet starts with a clean pantry.

Service (only available after receiving a 1x1 nutrition consultation)	Price
Pantry Clean-Out (1 hour)	\$110
Pantry Clean-Out + Restock Grocery Trip (2-3 hours)	\$270

## Wellness Packages

So you've learned the what and the why behind a healthy diet but still unsure where to start? Don't panic! Our wrap-around services are here to support your new journey towards health and happiness!

What you get	Starter 4 weeks	Standard 8 weeks	Comprehensive 8 weeks	All-Inclusive 12 weeks
Complimentary Discovery Call	✓	✓	✓	✓
In-Depth Nutrition Consultation (90-120 minutes)	✓	✓	✓	✓
Customized Nutrition Plan	✓	✓	✓	✓
Follow-Up Session (60 minutes)	✓	✓	✓	✓
Check-ins (30 minutes each)		2x	4x	4x
Daily Interactive Food Journal		✓	✓	✓
Food/ Menu Plan (2 weeks)				✓
Pantry Clean-Out				✓
Pantry Restock				✓
<b>Cost</b>	<b>\$270</b>	<b>\$620</b>	<b>\$750</b>	<b>\$899</b>

## Wellness Vacations

Clear your mind, nourish your soul, and kick start your health with a wellness vacation!

Our retreats provide the perfect blend of adventure, cultural experiences, and the information you need to improve your health! From hiking the Azores to gyrotonics by the Mediterranean Sea, your tailored itinerary will allow you to reset and recharge. Our certified fitness instructors and nutritionists will provide practical, evidence-based strategies to help you overcome food addiction, prevent and/or reverse disease, and achieve the body you desire. By pairing informative fitness and nutrition courses with culinary instruction, we ensure you'll leave vacation ready for long-lasting success.

Daily activities will be balanced by rest time and always paired with delicious cuisine. Sample activities may include group nutrition classes, cooking demonstrations, meditation, hiking, cycling, gyrotonics, and/or medical tracking of hypertension, etc. (by a registered nurse). These wellness retreats are intended to be educational, relaxing, enjoyable, and delicious - and an opportunity for you to spend time with friends, family, and loved ones.

*Rates vary depending on the location, group size, time of year, and chosen activities.*