



The Be Well Experience Catalogue

Your Concierge for Events, Wellness, & Resident Services

Have we met yet?

Think of us as your dedicated wellness concierge—managing all coordination, scheduling, and logistics so you don't have to. From start to finish, we make the process seamless: simply book with us, and enjoy. We partner with trusted local businesses to bring your residents the very best Utah has to offer, fostering stronger community connections while delivering unforgettable services and events right to your property.

How to use this catalogue

1. **Decide What You’re Looking For, or Browse!**

Whether you’re looking to host a personalized event, book a private session with one of our certified practitioners, or launch a class at your property—we’ve got you covered.

2. **Explore the Catalogue**

Browse our services and events, then select the option that best fits your vision. Each offering is paired with tier options so you can align with your budget and goals.

3. **We Handle the Rest**

Submit an inquiry, share the service or event you’d like to start, and enjoy a quick consultation with our team. Once your payment is in place, we’ll manage everything from coordination to execution.

Flexible Tiers, Tailored to You

From budget-friendly options to full-scale luxury experiences, our tiered packages range from simply providing practitioners and a custom itinerary, to producing your entire event—including social media content to showcase it afterwards.

 Want the details? Request a specific event tier breakdown and we’ll send you a PDF with exact pricing and inclusions.

Index

Part 1	Classes
Part 2	Services
Part 3	This Seasons Events
Part 4	All Events
Part 5	Tier breakdown & Pricing

PT #1

CLASSES



Mobile Yoga classes

\$135-\$185 per class



Mobile Personal Trainers

\$135-\$185 per session



In House Massage Therapy

Make Premier In-House Massage Therapy an Amenity at your Property

Our massage therapists can provide in home massages directly in your residents homes, or dedicated spaces.

Individually billed to resident



Mobile Pilates classes with BodyBar

\$135-\$185 per class



Mobile Cycling class with Torrent Cycle

By inquiry



Mobile Salsa Classes

\$135-\$185 per instructor

With these services, you can proudly showcase your property as one that offers items wellness classes & fitness coaching to both prospective residents and current tenants.

PT #2

SERVICES



In house dog walker

Busy day? Our trusted local dog walkers ensure your pup gets the exercise, fresh air, and care they deserve — right from your doorstep.

Individually billed to resident

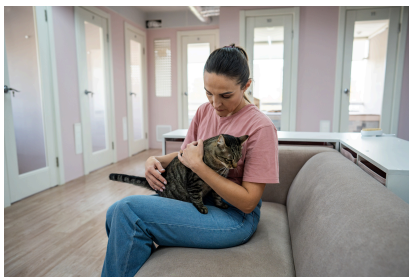


Dog groomer

Skip the stressful trip to the groomer — our professional in-home dog grooming brings bathing, trims, and paw-fect care right to your doorstep, keeping your pup fresh and happy without leaving home.

(Property must have a grooming station)

Individually billed to resident



cat sitters

Whether residents are away for a weekend or a week, our trusted local cat sitters provide loving care, feeding, and companionship so their feline friends feel right at home.

Individually billed to resident



Plant sitters

Give your residents peace of mind while they're away — we'll keep their plants thriving and cared for until they return.

Individually billed to resident



Housekeeping

Skip the impersonal corporate options — with Be Well at Home, your residents are connected with trusted local housekeepers, renowned for their care, reliability, and professionalism.

Individually billed to resident



Handyman Services for residents

Maintenance can't do everything — that's where we come in: from hanging wall art and TVs to installations and small repairs, our trusted local handymen are on call to handle the tasks your building can't that residents frequently ask for!

Individually billed to resident

With these services, you can proudly showcase your property as one that offers items like in-house housekeeping and pet care services to both prospective residents and current tenants.

PT #3

THIS SEASONS EVENTS

New events added to our catalog! Book these experiences this fall or anytime throughout the year.

Note: Alcohol can be brought to an event with the purchase of a bartender add-on. However, the property can purchase alcohol for the event separately.

October



Tarot & Tea: A Magical Experience

Add a touch of mystery and enchantment to your gathering with our **Be Well Tarot Readers**. Guests can enjoy **locally sourced pastries and treats from Gourmandise** or another local bakery while discovering what the cards have in store. Invite one, two, or even three tarot readers to your event, and let your guests have their fortunes revealed, their hopes explored, and their imaginations ignited. It's an experience that blends insight, magic, and a little indulgence for an unforgettable gathering.



Pumpkin Painting Party

Celebrate the season with a fun and festive **Pumpkin Painting Party**! We provide **small pumpkins** for easy handling, **simple cleanup**, and **delicious seasonal snacks** to keep your guests fueled and happy. Plus, we partner with **[Cross E Ranch]** to offer your residents **exclusive discounts** when visiting, adding an extra layer of autumn fun to your event.



Yoga and Breakfast

Start the day refreshed with a **sunrise yoga session**, followed by a **catered breakfast** served indoors or outdoors. Enjoy **fresh orange juice, coffee morning mimosas, Einstein's Bagels, or other delicious morning treats** as you relax and connect with fellow guests. A perfect blend of movement, nourishment, and community to energize your day.



Murder Mystery Party

Step into a world of intrigue and suspense with our **Murder Mystery Party**! Guests become part of the story as they **investigate clues, interrogate suspects, and uncover secrets** to solve the crime. Perfect for groups looking for a



night of **fun, drama, and interactive entertainment**, this event keeps everyone guessing until the very last twist. Add **themed snacks and drinks** to complete the immersive experience and make it a night to remember.



S'mores and Games

Cozy up for a fun evening with our **S'mores & Board Games Night!** Residents can **gather around portable fire pits, roast marshmallows, and build delicious s'mores** while enjoying a selection of **classic and modern board games**. It's the perfect combination of **warmth, laughter, and friendly competition**, creating a **relaxed, community-focused night** that everyone will enjoy.

November



Paint and Sip and Massages

Unwind and get creative with our **Paint & Sip experience**, where residents can enjoy painting while sipping on their favorite beverages. For an added touch of relaxation, guests can **break off one by one for rejuvenating chair massages**, combining artistic expression with self-care. It's the perfect way to **connect, unwind, and treat yourself** all in one memorable event.



Massage and Wellness Night

Bring the ultimate relaxation experience to your residents with **on-site massage therapists offering chair massages**. While some guests unwind, others can enjoy **light refreshments, herbal teas, or a DIY wellness activity** like aromatherapy blending, guided meditation, or a mindfulness journaling station. It's a perfect balance of **self-care, social connection, and calm indulgence**, ensuring every guest has something enjoyable to do.



Friendsgiving!

Celebrate the season of gratitude with a **Friendsgiving gathering** featuring **local delights from across the city**. Residents can savor a curated selection of **artisan dishes, seasonal treats, and handcrafted beverages**, all while enjoying the warmth of community and good company. It's the perfect way to **share, connect, and indulge** in a festive, flavorful experience that feels like home.



Sound Bath with Glow SLC

Bring deep relaxation and harmony to your event with a Be Well Sound Bath. Let your guests be immersed



in soothing vibrations, calming their minds, restoring balance, and leaving them refreshed and renewed.

PT #4

ALL EVENTS

Winter



Apres SKI

Keep the mountain vibes going with an **Apres-Ski Party!** After a day on the slopes—or just to enjoy the winter spirit—residents can gather for **warm drinks, seasonal cocktails, cozy snacks, and lively music.** Whether mingling by a roaring fire or enjoying themed games and activities, it's the perfect way to **relax, socialize, and embrace the winter season** in style.



Sushi Night

Bring a taste of the coast to your residents with a **Sushi Night!** Guests can enjoy **freshly prepared sushi rolls, nigiri, and sashimi,** along with **complementary drinks and dipping sauces.** It's the perfect setting to **gather, socialize, and savor a hands-on dining experience,** combining flavor, fun, and a touch of elegance for an unforgettable evening.



Rent the Gallivan ice rink

Take your residents on a magical winter adventure with a private rental of the city's central ice rink! Glide across the ice, enjoy the sparkling lights, and make memories with friends and neighbors. Perfect for group activities, themed events, or holiday celebrations, this experience can be paired with hot cocoa, seasonal treats, or music to create a festive and unforgettable outing.



Winter Soiree

Celebrate the season in style with our **Winter Soirée featuring live jazz.** Residents can enjoy **smooth melodies, elegant cocktails, and seasonal hors d'oeuvres** in a cozy, festive atmosphere. Perfect for **socializing, relaxing, and soaking in the winter charm,** this event blends sophistication, music, and community for an unforgettable evening.



Decorate the festival tree

Get into the holiday spirit with a **hands-on ornament-making and tree-decorating event**! Residents can **create personalized ornaments**, add festive touches to a communal tree, and enjoy **seasonal snacks and drinks** while celebrating together. It's a **creative, cozy, and joyful way** to connect with neighbors and make lasting holiday memories.

Spring



Spring Equinox Garden Party

Welcome the new season with our **Spring Equinox Garden Party**, a day of **ritual, creativity, and connection**. Residents can enjoy **lively music, curated local delicacies, and refreshing drinks**, while participating in **tarot card readings, crafting spring blessings dried flower bundles, and sage cleansing rituals**. It's the perfect way to **honor fresh beginnings, celebrate community, and embrace the energy of spring** in a vibrant, outdoor setting.



Valentines Day Bouquet Making

Celebrate love and creativity with our **handmade bouquet workshop**! Residents can **craft their own beautiful bouquets** using fresh, seasonal flowers, perfect for gifting or keeping. Enjoy a **fun, hands-on experience with light refreshments**, and leave with a personalized floral creation that spreads **joy, beauty, and Valentine's Day spirit**.



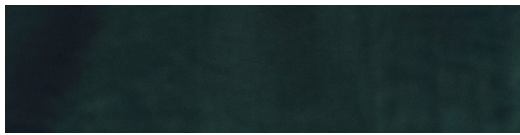
Kits easter egg hunt + bunny day + bunny shoot

Hop into spring with our **Easter Egg Hunt and Real Bunny Petting Zoo**! Kids can **search for colorful eggs, enjoy festive treats, and meet adorable live bunnies** in a safe, family-friendly environment. It's a **fun, interactive, and memorable way** to celebrate the season and create lasting holiday memories for your little ones.



Adult easter egg hunt

Think you've got what it takes? Our **highly competitive Adult Easter Egg Hunt** is designed for thrill-seekers and fun-lovers alike. Participants can **race to find hidden eggs** filled with surprises, prizes, or treats, either **throughout the**



city or right on your property. It's fast-paced, fun, and perfect for **friendly rivalry, socializing, and embracing your inner child**—with a grown-up twist!



Doggy easter egg hunt

Celebrate Easter with your furry friends at our **Dog Easter Egg Hunt!** Dogs can **search for hidden treats and goodies**, while owners enjoy **refreshing drinks, light snacks, and socializing.** It's a **fun, pet-friendly event** that combines exercise, play, and community—perfect for pups and their humans to enjoy the holiday together.

Summer



Outdoor Movie Nights

Bring the magic of cinema outdoors with our **Outdoor Movie Night!** Enjoy a **large-screen projection, cozy lighting, and classic movie snacks like popcorn** while relaxing under the stars. Perfect for **residents of all ages**, this event combines **community, entertainment, and a touch of nostalgia** for a memorable evening under the open sky.



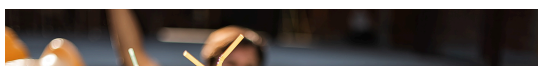
Horseback riding

Saddle up for an unforgettable experience with a **Guided Horseback Riding Adventure!** Residents can enjoy **scenic trails, expert guidance, and a connection with these majestic animals** in a safe, welcoming environment. Perfect for **beginners and experienced riders alike**, this event combines **outdoor adventure, relaxation, and a unique opportunity to connect with nature.**



Pastries and Polaroids

Enjoy a delightful morning or afternoon with **Pastries & Polaroids!** Residents can **snap fun Polaroid photos** against a scenic backdrop—ideally on a beautiful outdoor patio—while savoring **fresh pastries and treats** and listening to **live music**. It's the perfect mix of **creativity, indulgence, and community**, leaving guests with **sweet memories and keepsake photos** to take home.



Pool party with Brasileda Swimwear



Dive into summer fun at our **Pool Party featuring Brasileda Swimwear!** Residents can **relax by the pool, enjoy refreshing drinks, and soak up the sun** while checking out the latest **swimwear styles from Brasileda**. It's the perfect mix of **fashion, fun, and community**, creating a lively and stylish poolside experience for everyone.

Year Around



Utah Wine Academy

Savor the flavors of the season with a **Wine Tasting experience hosted by the Utah Wine Academy**. Residents can **sample a curated selection of local and international wines**, learn tasting tips from experts, and enjoy **light bites and a relaxed, social atmosphere**. It's the perfect way to **explore new flavors, connect with neighbors, and indulge in a sophisticated, educational experience**.



Happy Hours

Unwind and connect at our **Happy Hour Social!** Residents can enjoy **refreshing drinks, light bites, and great company** in a relaxed and lively atmosphere. Perfect for **mixing, mingling, and kicking back after a busy day**, this event combines **fun, community, and a little indulgence** to make every hour happy.



Karaoke Night

Take the stage and show off your vocal chops at our **Karaoke Night!** Residents can **sing their hearts out, enjoy fresh popcorn, and compete for fun gag prizes**. Whether you're a seasoned performer or just in it for laughs, it's a **high-energy, interactive evening** full of **laughter, community, and unforgettable performances**.



Private Styling night with Tomasso Cardullo

Elevate your fashion game with an exclusive **Private Styling Event hosted by Tomasso Cardullo**. Residents can **learn expert clothing styling tips, discover wardrobe hacks, and receive personalized guidance** in a fun, interactive group setting. Perfect for **fashion enthusiasts or anyone looking to refine their personal style**, this event combines **education, creativity, and a touch of glamour**.



Color Theory Class

Discover the power of color with our **Color Theory Styling Class**! Residents can **learn how different colors complement their features, identify their seasonal color palette (Winter, Summer, etc.), and explore tips for incorporating color into their wardrobe**. Perfect for **anyone looking to enhance their personal style**, this interactive workshop combines **education, creativity, and self-expression** in a fun, engaging group setting.



Haruko Sadler Calligraphy Class

Unleash your creativity with **Haruko Sadler's Calligraphy Class**! Residents can **learn the art of beautiful writing, practice elegant lettering techniques, and create personalized pieces** in a hands-on, guided session. Perfect for **beginners and enthusiasts alike**, this class combines **art, mindfulness, and skill-building** for a relaxing and inspiring experience.



Host an Influencer Day

Bring buzz and excitement to your property with a **curated Influencer Day**! We recommend hosting this **once per season (or every three months)**, providing influencers with a **full guided tour experience**, complete with **snacks, informational packets, and sponsored gifts from the property and local community**. It's the perfect way to **showcase your amenities, foster authentic connections, and generate engaging social media content** that highlights the best your community has to offer.



Property Grand Opening

Celebrate your property in style with a **Grand Opening Event** designed to impress! Guests can enjoy **live music, a DJ, and a professional**



photographer capturing every moment, while walking the **red carpet beneath glowing light-up signs**. With **security on-site, food sourced from the local community, and goodie bags for attendees**, this event is perfect for **large-scale coverage, media attention, and making a lasting first impression**. It's the ultimate way to **showcase your property, connect with the community, and create a memorable launch experience**.

PT #5

TIER BREAKDOWN & PRICING

For Events: Select 1 tier, or stack all that you'd like

✉ Want the details? Request a specific event tier breakdown and we'll send you a PDF with exact pricing and inclusions.

Tier	Cost range	Explanation
Tier #1	\$25	Want to host the event yourself? Get the full itinerary , shopping lists, and instructions through inquiry!
Tier #2	Range Varies	We provide everything you need—food, equipment, and décor included!
Tier #3	Instructors are \$100–\$185 each, with one additional staff member per 9–30 participants depending on the event. Extra staff members are + \$75 per hour.	We provide all staff you request, including instructors and support team, to run the event smoothly, while capturing photos and social media content for you.
Tier #4	+ \$100 for 1 st hour. +\$25 per hour after	We produce collected social media content for you. 4 posts per event, 2 image and 2 reels.
Tier #5		Full package, we do it all, including all addons

Addons	Free when added to tier #5 \$100 alone	Pre event promotional material from 1 reel, 1 post, 1 flyer, 1 email template
	Free when added to tier #5 Free when we bring in current Be Well Partners.	We connect you with two + local partners for larger events, helping incorporate the community and include sponsored items.

Looking for more?

We are local business in Utah where you work hands on with our project manager for all of your event and wellness needs.

Chances are if you have an idea for an event, we can accommodate it!

We are your wellness concierge, ready to serve.

Ready to get started?

Email us at hello@bewellathomeutah.com to start your inquiry or event request.

Or call + text our team at #208-948-4753

We Respond within 24 hours of inquiry.

Office: 208-948-4753	hello@bewellathomeutah.com
bewellathomeutah.com	



note: All partners and practitioners are vetted Be Well Partners. We have thoroughly demoed, hired, and personally recommend each. All are fully licensed and insured.