



Activ Life. Your Personal Wellness Concierge.

YOUR WELLNESS

OUR
EXPERTISE

- organising and streamlining your routine
- mapping and monitoring your wellness journey
- connecting you with the right wellness experts



Our Services:

an initial in-depth wellness consultation to assess lifestyle, goals, preferences, and specific requirements

the curation of a custom wellness plan that will include everything you need to initiate and sustain lifelong healthy habits seamlessly and stress-free

the complete management of daily wellness administration tasks

connect you with a wealth of health + wellness experts to meet your needs

monthly check-ins and progress assessments to keep you on track

+1 345 322 6395

sarah@theactivlife.com

www.theactivlife.com