



Helping people has always been a part of who I am. Since 2000, working in the fitness industry has opened my eyes to the connection we lack in other parts of our lives.

By helping you declutter, purge and organize your space I can create a place for you to feel whole, balanced and connected to the other parts of your life. Your home or office space is an extension of who you are and it should provide a feeling of peace.

I look forward to working with you!

**-Rachel Lavin**



**Let's Get Connected!**

**RACHEL LAVIN  
LIFESTYLE &  
WELLNESS**



@RachelLavinLifestyleWellness



Rachel Lavin (Rachel Lavin Lifestyle & Wellness)

**Any space.  
Purged.  
Organized.  
Simplified.**

**Homes, Apts,  
Offices**



**HOMES.  
APARTMENTS.  
OFFICES.  
ANY SPACE.**



**"She is fantastic! She did my apartment and it has made my life so much easier!"**

**-BONNIE**

**"Rachel! I love my new bathroom!! This has been the best money I have ever spent! Thank you!"**  
**-JIMMY**

**BEFORE**



**AFTER**



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