

FRESH START PACKAGE

Perfect for new clients or
one-off overwhelm days.

A 3-hour session focused on the area that's weighing
you down most – inbox, calendar, wardrobe,
kitchen or admin pile-up.
We'll tackle it together, leave you with a system and
give your headspace a refresh.

Includes:

- One priority area (home or business)
- Decluttering & organisation
- Mental load check-in + reset plan

Price: £199

DETOX DAY PACKAGE

One full day of transformation – perfect for new seasons or mental health resets.

We come in for a 6-hour session to detox your space and/or your systems. Ideal for wardrobe overhauls, digital declutters, kitchen chaos, or creating systems that stick.

Includes:

- Goal setting + area prioritisation FREE
- Full-space cleanse or admin overhaul
- Gentle wellbeing tips woven throughout

Price: £349

MINDFUL PA PACKAGE

Flexible support, whenever you need it,
with a wellbeing-first mindset.

For busy people or overwhelmed
professionals who need an extra pair of
hands, as and when life gets too much.

Includes:

- Email, calendar & digital admin
- Personal, home & business organisation
- Virtual or in-person support

* £64 per hour*

LIGHT LOAD MEMBERSHIP 5 HOURS

From £250 a month

This is right for you if:

- You feel mentally cluttered but mostly coping.
- You're tired of holding everything in your head.
- Life admin keeps getting pushed to the bottom of the list.
- You want support,
but not someone deeply involved in your day-to-day.
- You'd love a calm voice
and steady help in the background.

LIFE LAUNDRY UK
HERE TO CLEANSE YOUR MENTAL LOAD

LIGHT LOAD MEMBERSHIP 5 HOURS

From £250 a month

You often think:
“I just need someone to help me stay on top of things.”

You'll gain:
Headspace, clarity and reassurance that nothing is
slipping through the cracks.

Best for:
Individuals who feel mentally cluttered but are coping..
just tired of carrying everything alone.

LIGHT LOAD MEMBERSHIP 5 HOURS

What we do each month:

MENTAL LOAD SUPPORT

- Monthly check-in:
“What’s on your mind right now?”
- Capturing loose ends, worries and forgotten tasks
- Turning mental lists into clear actions

LIFE ADMIN

- Home support – decluttering, cleaning
- Admin support – emails, renewals, invoicing
- Returns, refunds, subscriptions

PLANNING & REMINDERS

- Key dates tracked (birthdays, MOTs, deadlines)
- Gentle reminders so nothing sneaks up on you

COMMUNICATION

- WhatsApp voice notes during office hours
- One consistent point of contact

How clients usually feel:

“I’m not holding everything in my head anymore.”

LIFE LAUNDRY UK
HERE TO CLEANSE YOUR MENTAL LOAD

BALANCED LIFE MEMBERSHIP 10 HOURS

From £500 a month

This is right for you if:

- You're juggling work, home, and other people's needs.
- You feel organised on the outside but overwhelmed underneath.
- You're always planning, reminding, and firefighting.
- You want someone to *think ahead* with you.
- You want life to feel smoother, not just managed.

LIFE LAUNDRY UK
HERE TO CLEANSE YOUR MENTAL LOAD

BALANCED LIFE MEMBERSHIP 10 HOURS

From £500 a month

You often think:
“If one more thing gets added, I’ll tip over.”

You’ll gain:
Structure, flow, and a sense that life is being held,
not chased.

Best for:
Families, business owners and busy households
juggling multiple responsibilities.

BALANCED LIFE MEMBERSHIP 10 HOURS

What we do each month:

Everything in Light Load, plus...

PROACTIVE PLANNING

- Looking ahead to upcoming weeks and months
- School terms, holidays, work peaks, life events
- Flagging pressure points before they become stressful

HOME & FAMILY SUPPORT

- Household routines and schedules
- Family calendars & shared systems
- Organising key areas that affect daily flow

ON GOING ORGANISATION

- Preventing pile-ups
(paperwork, cupboards, digital clutter)
- Maintaining systems so things don't slip back

MONTHLY PLANNING

- A calm overview of what's coming up
- What you can mentally let go of

How clients usually feel:

“Life feels smoother, calmer, and more under control.”



LIFE LAUNDRY UK
HERE TO CLEANSE YOUR MENTAL LOAD

FULLY SUPPORTED MEMBERSHIP 15 HOURS

From £750 a month

This is right for you if:

- You're the one everyone relies on.
- You manage complexity — business, family, or both.
- You're tired of being the default problem-solver.
- You want consistent, ongoing support.
- You don't want to explain everything each time.

LIFE LAUNDRY UK
HERE TO CLEANSE YOUR MENTAL LOAD

FULLY SUPPORTED MEMBERSHIP 15 HOURS

From £750 a month

You often think:
“I just want someone else to take this from me.”

You'll gain:
Relief, consistency, and the feeling
that you're no longer doing life alone.

Best for:
High-capacity women, leadership roles,
complex households, or anyone carrying a lot for others.

FULLY SUPPORTED MEMBERSHIP 15 HOURS

What we do each month:

Everything in Balanced Life, plus...

WEEKLY SUPPORT

- Regular check-ins
- Ongoing task flow rather than monthly catch-ups

FUTURE & EVENT PLANNING

- Holidays, celebrations, busy seasons
- Christmas, summer, milestones
- Thinking ahead so you don't have to

PEAK-SEASON PRIORITY

- Guaranteed availability during high-pressure times
- First access to diary space

SYSTEM OWNERSHIP

- We don't just set systems.. we maintain them
- Adjusting routines as life changes

How clients usually feel:

"I don't feel alone managing life anymore."