



*Top 5 reasons your Patients
will love a Health and
Wellness subscription box.*

Deliver a self-care & wellness empowerment box right to your client's door.

Top 5 Client Benefits

- 1. Personalized Wellness Experience*
- 2. Cost savings and exclusive value*
- 3. Motivation, Inspiration, and Accountability: Building a Connected Wellness Journey*
- 4. Consistent access to curated products and resources*
- 5. Educational Support & Guidance*



Personalize Wellness Experience

Subscription boxes tailored to a client's specific health needs, preferences, and goals provide a unique level of customization that enhances the wellness journey, making it both more effective and enjoyable. For clients, receiving a box designed just for them—not a generic collection of health products—feels deeply personal, motivating, and supportive. Here's how this individualized approach benefits your clients and adds value to their overall practice:

1. Alignment with Individual Health Goals

Every client's wellness journey is unique—some are focused on weight loss, while others might prioritize stress relief, better sleep, or fitness enhancement. When clients receive a subscription box tailored to their specific goals, it shows them you've truly listened and understood their needs. For example:

- **Weight Loss:** The box may contain low-calorie snacks, meal plans, supplements like protein powders, and fitness tools that support their weight loss journey.
- **Stress Management:** Clients might open a box filled with calming teas, essential oils, meditation guides, or sleep aids, perfect for their mental and emotional well-being.
- **Fitness Enhancement:** A client aiming to boost fitness might receive high-quality gear, recovery supplements, and workout guides to accelerate progress.

By providing targeted tools that directly support each client's health objectives, you increase their chances of success and give them the confidence to stay committed to their goals and you as a practitioner.

2. Customization Based on Lifestyle Preferences

Clients will appreciate how their subscription box reflects their personal lifestyle choices and values, such as dietary restrictions or product preferences. For example:

Personalize Wellness Experience.. continued

- **Dietary Needs:** A vegan or gluten-free client will receive products that align with those requirements.
- **Natural Product Preferences:** If a client prefers natural, organic, or non-toxic items, their box will be curated with these in mind.

This level of personalization ensures clients receive products they can immediately use and trust, eliminating the need to sift through irrelevant or mismatched items. As a result, they'll feel more satisfied and confident in the value of your service.

3. Tailored Wellness Plans and Resources

Beyond products, personalized subscription boxes can offer educational tools that complement the items, guiding clients to make informed decisions about their health:

- Workout guides
- Personalized meal plans
- Supplement recommendations
- Mindfulness or meditation routines

These resources are designed to enhance the client's overall wellness strategy. For example, if a client is focused on improving mental clarity, the box may include omega-3 supplements along with mindfulness practice guides. This holistic approach provides both the tools and the knowledge to implement long-lasting, effective change.

4. Ongoing Adjustments and Dynamic Personalization

As clients progress, their wellness goals will naturally evolve. One of the most exciting benefits of personalized subscription boxes is the ability to adapt over time. By gathering feedback, tracking progress, and offering surveys, the subscription can continually adjust to meet new objectives and goals.

Personalize Wellness Experience.. continued

For example, if a client transitions from a weight loss focus to muscle building, their box will evolve to reflect this shift. If a product works particularly well for them, future boxes can include more of that item. This adaptability ensures that the service remains relevant and engaging, consistently delivering value as clients' needs change.

5. Enhanced Client Engagement and Motivation

Receiving a box curated specifically for them fosters a deeper emotional connection to the wellness journey. Clients will feel understood and cared for, knowing the products and resources they receive are directly linked to their personal health goals.

This sense of being supported makes it easier for them to stay motivated, whether it's sticking to a fitness plan, trying new healthy recipes, or incorporating mindfulness practices. They won't just feel like they're going through the motions—they'll feel like they're on a collaborative journey with you, which boosts engagement and commitment to their wellness plan.

6. Holistic and Comprehensive Support

A personalized subscription box doesn't just focus on one area of health; it can provide tools that support physical, mental, and emotional well-being all at once. For example, a box aimed at stress management could include:

- Physical aids (like massage tools or bath salts)
- Mental health resources (such as a journal or stress-relief exercises)
- Nutritional supplements (adaptogens or calming teas)

This comprehensive approach empowers clients to address multiple aspects of their health in an integrated way, creating lasting, meaningful improvements that extend beyond any single goal.

Personalize Wellness Experience.. continued

7. Elimination of Decision Fatigue

For many clients, the sheer number of wellness products on the market can be overwhelming. The effort to choose the right products can lead to decision fatigue, making it harder for them to take action. With a personalized subscription box, this problem is eliminated. Clients receive a hand-picked selection of high-quality items that directly support their goals, saving them the time and stress of product research.

This streamlined experience not only simplifies their wellness journey but also reinforces the value of your service, making it easier for them to stay on track. The personalized wellness experience offered through subscription boxes ensures that your clients receive products and resources specifically aligned with their health goals, preferences, and lifestyle. This targeted approach creates more meaningful results, strengthens the emotional connection they have to their wellness journey, and increases their satisfaction and trust in your service. Clients don't just feel like they're receiving random items—they feel understood, supported, and empowered. This level of customization makes your subscription box an invaluable tool in their pursuit of health and well-being.



Cost Saving and Exclusive Value

For many clients, subscribing to a personalized wellness box from a trusted practitioner is more than just a product purchase—it's an investment in their health and well-being. The curated nature of the subscription delivers exceptional value, not only because of the premium products but also through the exclusive benefits and personalized approach that make the overall experience feel special, smart, and cost-effective. Here's how this value proposition resonates with clients:

1. Exceptional Value for Money

Clients often subscribe to wellness boxes because they feel they're getting outstanding value for their money. Instead of purchasing individual products at retail prices, the box represents a bundled, cost-effective investment in their well-being. For clients, this means:

- **Cost savings:** They receive high-quality products often at a fraction of the cost, compared to buying each item individually.
- **Smart investment:** Clients feel they're making a wise decision by investing in their health in a more affordable and strategic way.

This sense of value reinforces their satisfaction with the service, making them feel that the subscription is not only a convenience but a savvy financial choice.

2. Access to Exclusive and Hard-to-Find Items

The feeling of exclusivity heightens the emotional appeal of the subscription service. When clients receive early releases, limited-edition items, or products not available to the general public, it makes them feel part of something truly special. From their perspective, this includes:

- **First dibs on new products:** Wellness enthusiasts love being among the first to try new products, and this early access makes them feel “in the know” and connected to the latest trends.

Cost Saving and Exclusive Value.. continued

- Limited-edition items: Whether it's a seasonal supplement, a special skincare product, or a unique wellness tool, clients appreciate receiving items that others might not have the opportunity to try.
- Exclusive discounts and offers: Subscription services often include exclusive discounts, allowing clients to purchase full-size versions of the products they've sampled at a lower price. This reinforces their sense of being a valued insider.

This sense of privilege and exclusivity makes the subscription feel more than just functional—it's an elevated, premium experience.

3. Bundled Products for a Comprehensive Experience

Clients appreciate that subscription boxes are more than just individual products; they offer a holistic, bundled experience. Rather than searching for complementary items from different retailers, clients receive a thoughtfully curated selection of products that work together toward their health goals. For example:

- A box focused on better sleep might include calming teas, sleep masks, essential oils, and sleep-tracking tools.
- A fitness box might combine pre-workout supplements, resistance bands, protein snacks, and recovery aids.

This comprehensive, bundled approach simplifies their wellness journey, saving them time and effort, while ensuring everything they receive is aligned with their specific needs. The convenience and cohesion of the box make them feel supported and well-cared-for.

4. Members-Only Content and Support

Wellness isn't just about products—clients value the educational and supportive resources that often accompany a personalized subscription service. These can include:

Cost Saving and Exclusive Value.. continued

- Guided meditation sessions or workout routines.
- Customized nutrition plans or healthy recipes.
- Webinars or Q&A sessions with wellness experts.
- Progress-tracking tools to help clients stay motivated and accountable.

These additional resources give clients more than just physical products; they offer guidance and support that help them make meaningful progress toward their wellness goals. Clients feel that they're receiving continuous, personalized care, which enhances their overall experience and adds substantial value to the subscription.

5. Minimizing Risk in Product Discovery

The wellness industry is vast, and clients often feel hesitant to commit to full-size products without knowing if they'll work for them. Subscription boxes take away this risk by offering trial-sized or sample versions, allowing clients to test new products with minimal commitment. From their perspective, this means:

- Confidence in decision-making: They can try a product and see if it fits their needs before purchasing the full-size version.
- Opportunities for discovery: Clients love finding new, effective products that they might not have come across on their own, whether it's a skincare item, a supplement, or a fitness tool.
- Reduced buyer's remorse: If a product doesn't work for them, they've only invested in a smaller version, minimizing any potential frustration.

This trial-based approach helps clients feel they're making smart, informed choices, further reinforcing the value of the subscription service.

6. The Joy of Gifting Themselves Each Month

Receiving a subscription box feels like a monthly act of self-care. The excitement of unboxing products curated specifically for their wellness journey brings a sense of joy and indulgence. For clients, it feels like they're gifting themselves a moment of attention and care. They experience:

Cost Saving and Exclusive Value.. continued

- A sense of self-investment: Clients feel proud and empowered by prioritizing their health and happiness through this regular act of care.
- The joy of discovery: Unboxing a surprise collection of wellness products creates a feeling of excitement and delight, which strengthens their emotional connection to the service.

This emotional appeal turns the subscription into more than just a transaction; it becomes a ritual of self-care that clients look forward to each month, making them feel nurtured and appreciated.

The Cost Savings and Exclusive Value of your subscription box create a compelling reason for clients to subscribe and stay engaged. Offering premium products at a discounted rate, early access to exclusive items, and a carefully curated wellness experience make the subscription feel like an intelligent, cost-effective investment in their health. Beyond the physical products, clients form a lasting emotional connection with your brand, as they feel supported, understood, and motivated to continue their wellness journey with you. This level of personalized care fosters long-term loyalty, as clients see your service as a vital, rewarding part of their well-being.



Motivation, Inspiration, and Accountability: Building a Connected Wellness Journey

For customers who subscribe to a wellness box from a trusted health and wellness practitioner, the experience goes beyond simply receiving a package each month. It becomes an ongoing source of motivation, inspiration, and accountability that enhances their commitment to their health and wellness goals. The regular delivery of new products, tools, and educational materials acts as a steady reminder to stay on track, creating an engaging and dynamic journey rather than a short-term solution.

From the perspective of a health and wellness practitioner, this kind of subscription service offers clients a way to maintain consistency and motivation over the long term, driving better results and deeper relationships.

1. Regular Deliveries Spark Renewed Motivation

One of the biggest challenges in health and wellness is sustaining motivation over time. Often, clients are highly motivated at the beginning of their journey but may lose momentum after a few weeks or months. A subscription service helps counteract this by introducing regular points of excitement and engagement.

Each time a customer receives their wellness box, it feels like a fresh start—whether they've been consistently working toward their goals or they've fallen off track. The simple act of unboxing new products, tools, and resources provides an immediate boost of energy and a reminder of the journey they've committed to. The contents of the box serve as tangible motivators that reignite their focus.

- "This month's box has just what I need to get back into my routine."
- "I'm excited to try this new supplement/product and see how it helps."

The element of surprise, discovery, and newness in each box creates a psychological boost, which keeps clients from feeling stagnant in their wellness routines.

Motivation, Inspiration, and Accountability: Building a Connected Wellness Journey.. continued

2. Inspiration to Try New Things and Stay Engaged

Customers often need fresh inspiration to avoid falling into a rut or losing interest in their health practices. A subscription box offers continuous inspiration by introducing clients to new products, ideas, and strategies they may not have explored on their own. Each box could include:

- A new workout tool or piece of fitness equipment
- A novel supplement or health food
- An inspirational book or journal for mindfulness
- An innovative self-care product

This keeps the journey exciting and dynamic. Clients are more likely to stay engaged because they're constantly inspired to try new things, whether it's a different form of exercise, a new skincare regimen, or a healthier snack option. From the practitioner's perspective, this means their clients feel supported and empowered to continually evolve in their wellness practices, avoiding burnout or boredom.

- "I never thought of incorporating this into my routine—I'm excited to try it."
- "I've been stuck in a routine, and this new product feels like the perfect way to mix things up."
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By providing new tools and resources, practitioners can keep clients inspired and motivated to continue working toward their goals, even when their enthusiasm may naturally dip.

3. Accountability through Regular Check-Ins

A subscription service also builds a sense of accountability. The regular arrival of the box acts as a recurring nudge that reminds clients to stay on course. It's more than just a delivery—it's a check-in that says, "Hey, how's your progress? Here are some new tools to help you keep moving forward."

Motivation, Inspiration, and Accountability: Building a Connected Wellness Journey.. continued

From the client's perspective, this accountability is gentle but effective. Each month, they receive a physical reminder of their wellness goals, which helps them refocus and recommit if needed. This is especially helpful in preventing the drop-off that often occurs with one-time purchases, where clients might get a product, use it for a while, and then forget about it.

The subscription model offers ongoing touchpoints that help clients feel connected to their journey:

- "The box just arrived, and I realized I need to refocus on my wellness plan."
- "Seeing the new products makes me want to get back into my routine."

This consistent engagement holds clients accountable in a way that feels positive and encouraging, rather than punitive or forced. It's a subtle push that helps clients regain momentum, fostering long-term success.

4. Creating a Sense of Progress and Accomplishment

Clients love the feeling of progress, and subscription boxes give them a sense of ongoing achievement. Each month, they can look back and see how they've incorporated the products and tools into their daily lives. Whether it's improving their fitness, managing stress better, or adopting healthier eating habits, they can feel that they're steadily moving forward.

The subscription box is a visual marker of their growth:

- "I've been using the products from the last two boxes, and I can really see a difference in how I feel."
- "This month's box builds on what I started with last time—I'm making progress."

Motivation, Inspiration, and Accountability: Building a Connected Wellness Journey.. continued

This sense of progression fosters pride and accomplishment, reinforcing the client's belief in their ability to achieve their health goals. Practitioners benefit from this because clients are more likely to stay engaged and maintain their subscriptions when they feel like they're making measurable improvements.

5. A Community of Like-Minded Individuals

Many wellness subscription services offer a community component, where clients can connect with others who are also on similar health journeys. This may be through online forums, exclusive events, or even shared experiences on social media. Knowing that they're part of a larger community can provide clients with additional motivation and a sense of belonging.

From the client's perspective, this feels like:

- "I'm not in this alone—I can share my progress and challenges with others who understand."
- "I can get tips and inspiration from others who are using the same products."

The community aspect adds accountability through peer support, making clients feel more motivated to stick with their routines and goals. Practitioners can foster this community by offering exclusive content, group coaching, or even social media challenges, further deepening the sense of connection and commitment among clients.

6. A Stronger Connection with the Practitioner

Clients who receive a subscription box from a health and wellness practitioner often feel more personally connected to the practitioner's guidance and expertise. The regular deliveries remind them that their practitioner is actively invested in their success, which helps build trust and loyalty.

Motivation, Inspiration, and Accountability: Building a Connected Wellness Journey.. continued

The products, educational materials, and tools in the box feel like a direct extension of the practitioner's care. Clients will often perceive this service as a personalized commitment to their well-being, creating a stronger bond between them and their practitioner.

- "My practitioner really understands my needs—these products are exactly what I need to stay on track."
- "It feels like my practitioner is with me every step of the way, guiding me with new tools and insights."

This sense of personalized attention can lead to stronger client retention and satisfaction, as clients feel that their practitioner is an integral part of their wellness journey

For health and wellness practitioners, offering a subscription service to their clients provides more than just a delivery of products—it creates an ongoing source of motivation, inspiration, and accountability that helps clients stay committed to their wellness goals. Regular deliveries reignite excitement and introduce new ways to stay engaged with their health practices, while also serving as a tangible reminder of the client's progress. This steady support builds a stronger emotional connection between the client and their practitioner, fostering long-term success and deeper loyalty.



Consistent Access to Curated Products and Resources

Consistent Access to Curated Products and Resources is one of the key advantages your clients will experience through a personalized subscription service. For many, staying on top of their wellness goals can feel overwhelming—sourcing quality products, supplements, and wellness tools often takes time and effort that they may not have. A subscription box that delivers thoughtfully selected, high-quality products directly to their door eliminates this hassle, allowing them to focus entirely on their health journey.

Here's how this benefit resonates with your clients and how they'll feel about it:

1. Convenience and Ease

Your clients lead busy lives, and navigating the vast world of wellness products can feel daunting. When they receive a subscription box tailored to their specific needs, they will feel relieved and empowered by the convenience. They no longer need to research, compare, or worry about finding the best items on the market. Instead:

- Time savings: Your clients save time that would otherwise be spent searching for products in stores or online.
- Effortless access: Each box provides them with a carefully curated selection of supplements, tools, and wellness resources, taking the guesswork out of their self-care routines.

This level of convenience simplifies their wellness journey, freeing up mental and physical energy for other aspects of their lives while keeping them on track with their goals.

2. Confidence in Product Quality

Your clients trust your expertise and rely on your recommendations. By curating products that align with their individual needs, preferences, and goals, you provide a service that builds confidence. Clients will feel reassured knowing that the items they receive are not just random selections but carefully chosen based on quality and efficacy. This reassurance leads to:

Consistent Access to Curated Products and Resources.. continued

- Peace of mind: Clients will feel confident that each product is of high quality, effective, and safe, which eliminates any second-guessing.
- Enhanced trust: Your clients will see you as a trusted partner in their wellness journey, further strengthening their loyalty to your practice.

This trust in your curation process elevates the value of the subscription, making clients feel secure in the products they're using to support their health.

3. Staying Consistently on Track

One of the biggest challenges clients face is consistency—keeping up with wellness routines, especially when life gets hectic. With regular deliveries of curated products that align with their goals, your clients will feel more empowered to stay consistent. They won't need to worry about running out of essential supplements or forgetting to stock up on tools that support their journey. Instead:

- Routine support: Clients will have what they need, when they need it, ensuring that they can maintain their health routines without disruption.
- Ongoing progress: The consistency of receiving high-quality products and resources keeps them motivated and engaged, helping them make steady progress toward their goals.

This dependable access to what they need makes clients feel more in control of their wellness journey, reducing the risk of setbacks and helping them achieve lasting results.

4. Personalized and Relevant Selections

Your clients will feel truly cared for when they see how each box is customized specifically for them. Unlike generic wellness products, a curated subscription box offers items that speak directly to their individual health goals—whether it's weight loss, stress management, or fitness enhancement. This personalization means:

- Direct alignment with their goals: Clients feel understood and supported

Consistent Access to Curated Products and Resources.. continued

because the products are tailored to their exact needs and preferences.

- No more trial and error: They don't have to experiment with products that may or may not work for them; they receive items that are already vetted and aligned with their health objectives.

This personalized approach creates a deeper emotional connection between your clients and your service, as they feel that you've taken the time to understand and address their unique wellness journey.

5. Reduced Overwhelm in Product Choices

In today's market, clients are bombarded with countless wellness products, which can often lead to overwhelm and decision fatigue. By offering them a curated subscription box, you simplify the process, allowing them to avoid the confusion and frustration of sorting through hundreds of options. Clients will feel relieved and grateful for:

- Fewer decisions to make: You've already done the work of selecting the best products for them, which eases the burden of having to choose among countless options.
- Streamlined wellness: With everything they need delivered in a single box, clients can focus on their health goals without distractions.

This ease of decision-making makes clients feel more confident and less stressed, enhancing their overall wellness experience.

Consistent access to curated products and resources allows your clients to feel supported, understood, and empowered in their wellness journey. They will appreciate the convenience, quality, and personalization that comes with each box, knowing they are receiving exactly what they need to stay on track. This ongoing support not only simplifies their health routine but also builds trust, making them more likely to stay engaged and committed to their wellness goals—and to you as their trusted practitioner.

Educational Support + Guidance

Education, Support, and Guidance is a critical part of the value your clients will experience through a personalized subscription service. In the fast-paced and ever-evolving field of health and wellness, staying informed and up-to-date is essential for achieving long-term success. By offering educational resources such as webinars, courses, or certification programs, your subscription service provides clients with not only products but also the knowledge they need to continually grow, improve, and refine their approach to health and well-being. Here's how your clients will feel about receiving this ongoing educational support:

1. Empowered to Take Control of Their Health

Providing educational resources gives your clients the tools and knowledge to better understand their bodies, their health challenges, and the steps they can take to improve their well-being. When clients receive access to webinars, courses, or expert-led guides, they feel empowered to:

- Make informed decisions: Clients will feel more confident in choosing the right wellness strategies, products, or practices that align with their personal goals.
- Take control of their health journey: Rather than relying solely on external guidance, clients will feel equipped with the knowledge to take proactive steps toward improving their health.

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This sense of empowerment strengthens their commitment to their wellness journey and fosters a deeper sense of ownership over their progress.

2. Supported by a Trusted Source

Clients will feel a stronger sense of trust in you as their practitioner when you offer consistent access to high-quality educational resources. Knowing that they are learning from an expert they already trust adds value and reassurance. Clients will feel:

Educational Support + Guidance.. continued

- Guided by a professional: The education they receive is credible, relevant, and aligned with their personal health journey, which makes them feel secure and supported.
- Continually cared for: Beyond just providing products, the inclusion of ongoing educational opportunities shows clients that you are invested in their long-term success, not just their immediate needs.

This ongoing support nurtures a deeper client-practitioner relationship, reinforcing your role as an essential part of their wellness journey.

3. Confident in the Latest Wellness Knowledge

Health and wellness is a constantly evolving field, and clients often feel overwhelmed trying to keep up with the latest trends, research, and best practices. With your subscription service offering curated educational materials, they can feel confident that they are staying up-to-date without the stress of seeking out information on their own. They'll appreciate:

- Access to the latest information: Whether it's a new approach to nutrition, the most effective fitness techniques, or recent breakthroughs in stress management, clients will feel like they are continually learning from an expert who is plugged into the latest developments.
- Staying ahead of the curve: They'll feel like they're not just maintaining their health, but actively advancing it, learning new skills, techniques, and practices that are at the forefront of wellness.

This access to cutting-edge information makes clients feel like they're part of something progressive and relevant, enhancing their overall satisfaction with the service.

4. Motivated by Professional Development Opportunities

For clients who are health and wellness professionals themselves—or those interested in deepening their expertise—offering educational content such as certifications or specialized courses can be a game-changer. They will feel

Educational Support + Guidance.. continued

inspired to:

- Expand their skill set: Clients will appreciate opportunities to develop new skills, such as mindfulness techniques, nutrition counseling, or fitness coaching, all of which can elevate their own personal wellness journey or enhance their professional capabilities.
- Boost their credentials: For practitioners who need to maintain certifications or expand their knowledge, these educational opportunities will make them feel like they're not only improving their own health but also growing professionally.

This professional development aspect adds significant value to the service, as clients feel that they're receiving not just wellness products, but tools to enhance their careers or personal goals.

5. Continuous Learning for Sustainable Wellness

Wellness is a lifelong journey, and clients often face challenges staying motivated or knowing what steps to take next. By providing ongoing educational content, you keep clients engaged and learning new ways to maintain or elevate their health over time. They'll feel:

- Encouraged by progress tracking: Whether it's learning how to manage stress better, improve sleep, or enhance physical performance, clients will appreciate educational tools that help them track their progress and make continuous improvements.
- Engaged in a dynamic wellness journey: Clients will feel excited about the evolving nature of their wellness, knowing that there is always more to learn and explore. The subscription becomes a resource they can rely on not only for products but for the knowledge they need to sustain their wellness efforts over the long term.

This consistent educational support keeps clients engaged and motivated, deepening their connection to your service and making their wellness journey

Educational Support + Guidance.. continued

feel dynamic and rewarding.

6. Personalized Learning Experience

By tailoring the educational resources to meet individual client needs, you show them that the service goes beyond generalized wellness advice. Clients will feel like they're getting a learning experience designed specifically for their goals, whether it's weight management, stress reduction, or fitness enhancement. This personalization makes them feel:

- Understood and valued: Clients will appreciate that you've taken the time to provide educational materials that are relevant to their unique health journey, making them feel more connected to your service.
- Engaged and inspired: With access to content that directly addresses their challenges or goals, clients will feel more motivated to apply what they learn, knowing it's aligned with their individual needs.

This targeted approach to education makes clients feel like they are receiving a comprehensive and highly personalized wellness service that goes far beyond just the products in the subscription.

Providing educational support and guidance through your subscription service gives clients the tools they need to make informed decisions, stay current with the latest wellness knowledge, and continually improve their health journey. They'll feel empowered, supported, and motivated, knowing they have access to expert-led content and professional development opportunities that complement their personalized wellness plan. This blend of product and education not only builds trust and loyalty but also ensures that your clients see real, sustainable progress in their health and well-being over the long term.





About the Author

Dee Hampel is a Subscription Box and Packaging Specialist who helps health and wellness businesses carefully curate customer subscription boxes, creating recurring income and providing a larger customer value footprint using my proprietary 3 Dee program, guaranteed.

With over 30 years of experience as an entrepreneur, including traditional brick-and-mortar businesses, online businesses, and multi-level marketing businesses, Dee has acquired extensive knowledge of creating, designing, and developing packaging.

Among her multiple degrees and certifications, Dee has a background in Design, Product Costing, Purchasing, Marketing, Nutrition, and Fine Arts.

She is a bestselling international author in the collaborative book *Making Waves – Creating Ripple Effects That Can Change the World*. In addition, she has created journals and workbooks, the *Daily Healthstyle Journal*, and a *Vision Board Book: If you see it, you can achieve it*. She has appeared on Heart-repreneur® TV and is the former editor of Heart-repreneur® Magazine.

Prior to having her own business, Dee worked in the corporate world and moved from the ground up the corporate ladder in the small Pharmaceutical Field.

Are you ready to create your subscription box?

We are so happy to provide you with this information on the benefits of creating a subscription box to enhance your customer's health and wellness journey and increase your revenue.

We don't want you to feel overwhelmed with the thought of how we will add this to your plate. Don't worry. We have you covered. We are concurrently developing a done-with-you and a done-for-you subscription box platform.

If you have questions I would be more than happy to answer them for you. Please see the link below.

[CLICK HERE TO SCHEDULE CALL](#)



The result is not just a successful subscription box business but a thriving holistic ecosystem that benefits everyone involved.