

# our VA offerings

Do you need some help with organising your life and your business so you can concentrate on what really matters – you, your family and your business?

Look no further.

Apart from being a mother, small business owner, massage and spa therapist, and serial renovator, this Do It All Girl was also a lawyer and information manager for over 20 years before starting my business Blush Pause Massage & Spa!

As such, I have a HUGE range of skills and can offer VA services from administrative to extreme (urgent!), all performed in a discrete, professional and calm manner, with an eye for design and detail. Starting at \$30/hr.

Trust me, you are in safe, competent, calm hands. I have your back.

Request a quote today.

Prepaid packages available.

Free 15 minute consultation to discuss your needs.