



# BEAUTIFUL FOR *Life*

## PRE-EVENT GUIDE

Everything you require to prepare for a transformational  
Beautiful for Life Experience

# YOU ARE COMING TO BEAUTIFUL FOR LIFE!



It is with pleasure that I welcome you into this experience of evolution, beauty, and magic. Beautiful for Life is where it all begins.

You are part of a select group of women who are coming together on an extraordinary journey. You are not here to just get by - you are here to experience your gifts and live the life you were meant to live! This integration will support you to evolve and transform, elegantly.

This year Beautiful for Life is going to take your beauty internally and externally to a brand new level. I am going to support you receiving exactly what is here for you on this journey in a space of beauty and sensuality.

Beautiful for Life is not just another conference - this is an opportunity for you to receive your deepest desires,

experience your dreams, and discover your unique essence as a women. This is a time to align with your truth, your beauty, and your confidence to receive the results you've been craving.

This is a truly life-changing experience for women. Women travel from all over the world to connect, integrate and evolve fully into more of who they are here to become. You are one of them!

I know that there is so much waiting for you at Beautiful for Life, because I've seen so many women experience this shift. I am deeply committed to guiding you on this journey, and I cannot wait to see you there!

With much love,

*Jana*

# DETAILS AT A GLANCE



EVENT	Beautiful for Life
LOCATION	<p>San Diego, California</p> <p>Loews Coronado Bay, 4000 Loews Coronado Bay Road Coronado, California 92118 Hotel Phone: (619) 424-4000 Call this number to make your reservation: (800) 235-6397</p>
DATES	Saturday, May 16 <sup>th</sup> - Monday May 18 <sup>th</sup>
ARRIVAL	Please arrive no later than Friday, May 15 at 5:00 p.m.
TIMES	Registration begins on <b>Friday night, May 15th from 7:00 p.m. to 8:00 p.m.</b> We invite you to take part of this early registration to make Saturday morning an easy and elegant process. Late registration begins Saturday at 8:00 a.m. and the event will start at approximately 9:00 a.m. We have a light breakfast you don't want to miss - so please be early.
EVENINGS	Please do not make any plans for Saturday and Sunday



For your convenience, the following are some details to begin the planning for your attendance. The Elegant Femme Customer Support Team is available if you require further assistance. You may reach them via email at:

[team@elegantfemme.com](mailto:team@elegantfemme.com).



# AIRPORT INFORMATION



Please plan to fly into San Diego International Airport (SAN). We suggest arriving in plenty of time so you can fully receive this experience.

The Loews Coronado Bay Resort does not provide shuttle service from the airport. Although, listed below are some good ground transportation options.

It is 13.2 miles and about 30 minutes with traffic to the hotel.

## **ORANGE CAB SAN DIEGO**

619-223-5555

[www.orangecabsandiego.com](http://www.orangecabsandiego.com)

## **SAN DIEGO SILVER CAB**

619-280-5555

[www.sandiegosilvercab.com](http://www.sandiegosilvercab.com)

## **CORONADO LIMO SERVICE**

619-807-2237

[www.lajollatransport.com](http://www.lajollatransport.com)

## **CLOUD 9 SHUTTLE**

1-800-974-8885 or 619-564-7900

[www.cloud9shuttle.com](http://www.cloud9shuttle.com)

Service to San Diego Airport &  
Amtrak Station

## **CORONADO CAB COMPANY**

619-435-6211

24 hour taxi service, 7 days a week

## ***TIP:***

You may want to share a taxi service or the shuttle with other Elegant Femmes. Not only is this cost effective, but also gives you a gorgeous opportunity to begin connecting. A Beautiful for Life Facebook Page has been created for this event. Use the group to connect with women pre-event and coordinate travel plans. If you need further support, the Elegant Femme Support Team will be very happy to help you – just send an email to: [team@elegantfemme.com](mailto:team@elegantfemme.com)

# EVENT LOCATION



This location is an absolutely stunning, one-of-a-kind, beachfront hotel that will truly support your integration.



## Loews Coronado Bay Resort

4000 Loews Coronado Bay Road  
Coronado, California 92118

P: 619-424-4000

To book your room: 1-877-748-1453

Ask for Elegant Femme block of rooms

[Click here to access hotel website](#)

## Private Coronado Island Peninsula on San Diego Bay

### **SURROUNDED BY WATER**

With San Diego Bay on one side and the Pacific Ocean on the other, this resort sits on a 15-acre peninsula 4 miles from Coronado village, and 9 miles from downtown San Diego

### **SPA AND SAND**

The spa at Loews Coronado Bay offers water Shiatsu, yoga, and fitness classes. Outdoors, guests enjoy swimming pools, tennis courts, a marina, and an underpass to the beach.

### **SOAKING TUBS, VIEWS**

Loews Coronado Bay's guestrooms include furnished balconies, pillow top mattresses, bathrobes, tile baths with deep soaking tubs, and marble vanities.

# DIRECTIONS



If you are traveling from Interstate 805 heading south, take Interstate 8 West to Highway 163 South onto Interstate 5 South, and follow the directions below.

If you are traveling from Highway 163 North, take Interstate 5 South, and follow the directions below.

Once you are traveling South on Interstate 5, follow these directions:

- Exit onto Coronado Bay Bridge (California State Highway 75).
- Cross the bridge
- Proceed to Orange Avenue and turn left
- Continue through the village of Coronado and past the US Naval Amphibious Base (Orange Avenue turns into Silver Strand Highway 75)
- The hotel is approximately 3.5 miles South of the Base across from Silver Strand State Beach
- Turn left onto Loews Coronado Bay Road and through the gates to the Hotel

# REGISTRATION HOURS



The Elegant Femme registration desk will be open on Friday evening from 7:00 pm to 8:00 pm and Saturday morning from 8:00 am to 9:00 am.

# ROOM RESERVATION



To secure your room at our event hotel, please call the Loews Coronado Bay Resort directly at (800) 235-6397. When you call, request the Elegant Femme Group.

We have negotiated a special hotel rate for you of \$189/night. Typically there is a resort charge of \$25.00, which for you is reduced to \$5.00 per room, per day and includes 20% off of spa services, access to the fitness center and studio, in-room coffee, Wi-Fi service and additional amenities.

In case you need to cancel for any reason, please note that rooms must be canceled no less than 72 hours in advance of the event in order to not be charged for the reservation.

# ROOM SHARING



If you are interested in room sharing, please consider reaching out to other women on the Beautiful for Life Facebook Page.



Haven't joined yet? [Click here.](#)



# INTERNET CONNECTION



As a bonus for the Elegant Femme event, you will receive free in-room Wi-Fi service.

# MEETING HOURS



Saturday, March 16th at 9 am  
Monday, May 18th at 5pm

Beautiful for Life is a precious very intimate event. We ask that you do not make any outside plans during the event hours. We have special things planned for you during the entire event and it will serve you and your transformation fully to be present.

## **Total Care Package Bonus Implementation Day**

Tuesday, May 19th will begin at 9:00 am and end prior to 3:00 pm.  
Please do not book your return travel before 5:00 pm

Register for the Total Care Package [here](#).

# BANKING/ ATM



Sometimes we just need a little extra cash.

Bank of America, Wells Fargo, and Pacific Trust Bank are all located in downtown Coronado (about 4 miles from the hotel).

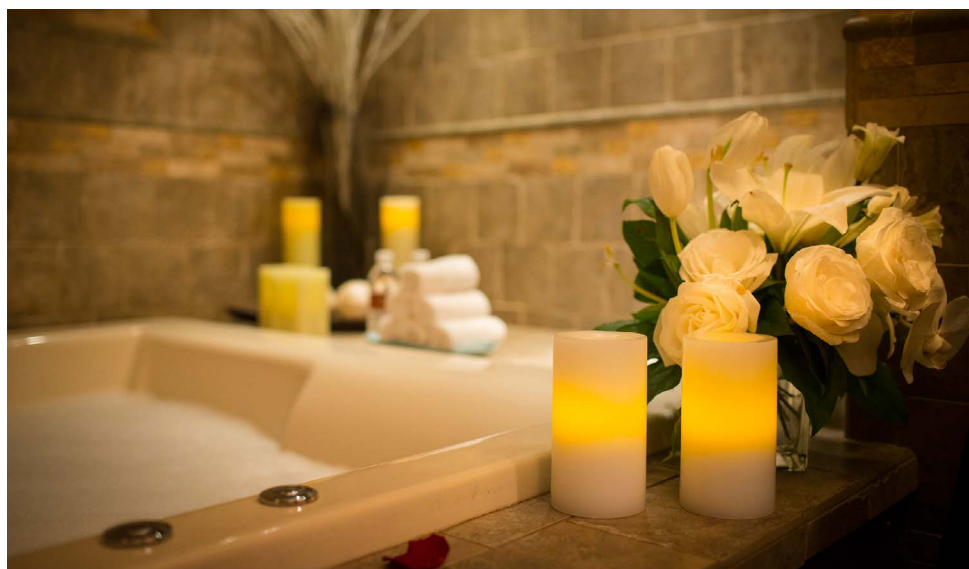
There is an ATM located on the hotel premise for your convenience.

# SPA



Invigorate your senses as you immerse yourself in luxurious pampering.

We know how much Elegant Femmes love the spa so we are inviting you to truly receive. We've made arrangements for you to receive complimentary access to the fitness center and spa with a **20% discount for spa treatments and services.**



# WEATHER



The weather in San Diego, California during this time of year is usually gorgeous. However, I am not guaranteeing that ;) So go to [www.weather.com/](http://www.weather.com/) before you come and bring what you feel you require enjoying a comfortable stay.

# MEALS



If you have registered for the Total Care Package (VIP) you will be enjoying two gorgeous lunches while experiencing a “behind the scenes” look into Elegant Femme. If you have not yet done so already, you can upgrade your registration [here](#).

# LOCAL RESTAURANTS



Hungry? For your convenience, there are 5 restaurants at the resort.

Also...click on the Urban Spoon image below and you will be discover many more restaurants very close proximity to the resort. No matter what your taste or budget, you will surely find a restaurant that meets your needs and matches your experience.

## ***TIP:***

Don't rush to make advance evening plans for Saturday or Sunday evening. If you've been an Elegant Femme for a while, you know how we love to throw in exquisite surprises.

# NETWORKING



The BFL experience begins before Day 1. Start to build your network before you even show up.

## ***TIP:***

Also you may use the Beautiful for Life Facebook Group to begin making connections or nurturing current ones. You will also find women who have been to the BFL before and can't wait to share with you their experience.

Don't forget to bring plenty of business cards!!! Hummm...you may be saying, but I don't have a business. Whether you are in business or not it is always good to have a gorgeous card that you can share contact information with people you meet.



[You may use the Beautiful for Life Facebook Group to begin making connections or nurturing current ones.](#)



# PACKING LIST



Overall dress code is feminine, sensual and what allows you to feel beautiful. Realize you can BE who you want! *Represent your true self.*



**1. Elegantly chic business attire**

Select outfits that make you feel feminine for 3 days (4 if you are staying for the ½ bonus day)

**2. Heels or dress shoes of your choice**

**3. Panties/bras**

**4. Warm layers**

Shawl, wrap, sweater (as the room might be cold)

**5. Outfit for evening soirée**

Not overly dressy but something that allows you to feel beautiful

**6. 2-3 Yoga outfits**

**7. Beach attire**

A sun hat if you like to cover up. Flip flops/sandals you can walk in. Swimsuit

**8. Gorgeous pajamas**

We will be having a pj party, so bring the ones you can be seen in public

**9. Femme products**

Make up, tampons, etc.

**10. Journal**

**11. Business cards**

**Note:** No recording devices or laptops will be allowed into the event room



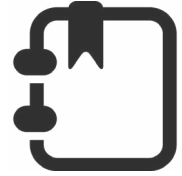
# HAVE YOU PURCHASED THE *TOTAL CARE PACKAGE* YET? IT'S NOT TOO LATE!

The Total Care Package is a way to receive even more care, enjoyment, and intimate time with me before, during and after Beautiful for Life. You will also be enjoying a gorgeous lunch each day while experiencing a "behind-the-scenes" look into Elegant Femme. I recommend this package to women who desire an extra level of "VIP" at BFL.

The Total Care Package is a limited opportunity and we will run out of space. So if the extra training, connections, and implementation day are calling you then commit to joining us now while it's still available.

[CLICK HERE TO UPGRADE YOUR  
BFL TO THE TOTAL CARE PACKAGE](#)

# PLANNING YOUR EXPERIENCE



You are getting ready to embark on a new level of your life. Here are some tips to ensure you RECEIVE the most from this experience.

- Book your travel and accommodations EARLY
- Arrange for support at home and in your business so you may enjoy this fully
- Give yourself permission to really BE at this event
- Create a living vision for the event utilizing ALL of your FemmeTypes
- Walk during the breaks, go outside and BREATHE a sensual breath
- Make connections and create relationships, I have met some of my closet friends this way
- Leave all cell phones on silent and only check during breaks or better yet only at the end of the day
- If you are joining us internationally, remember your passport



# A FINAL NOTE FROM ME



My intention for this event is to provide a safe and loving atmosphere for specially selected women (you) to grow, expand and shift in the way that you require so you may step into the powerful, elegant woman that you are.

A woman who is ready to receive, ready to have her impact on the world and a woman who is truly ready to BE an Elegant Femme.

When we are about to grow we encounter RESISTANCE that can come in all sorts of forms;) Late planes, no child care, issues at work....it happens! However showing up is going to account for 80% of your success. HOW you show up will account for 99.9% of it ;)

So allow yourself to BE, DO, and ENJOY yourself fully. Be prepared to grow, to go deep, and to expand in ways you never have before. Allow yourself to experience who you truly are!

I cant wait to see you!

*Blessings  
Tara*



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PS. The Elegant Femme Client Care Team is available if you require assistance. You may reach them via [email](#).