



“Rebekah has taken great care of my brother, helping him with errands and chores. She’s better to him than a sister! We’re lucky we found Extra You.”

—M. Carlton

How do you like to spend your free time? Paying bills, grocery shopping, or organizing your home office? That’s probably not your answer.

Few people look forward to spending their leisure time doing “chores.” That’s why I created Extra You. Extra You does the things you don’t have time to do—or don’t want to do.

My clients ask why I started a business doing things people hate to do. That’s a good question. The short answer is I love it, especially when I see how it helps my clients.

The longer answer is I’ve had a variety of jobs that have all come together to give me the diverse skills to offer a range of personal services. Working in real estate, I learned how to design, decorate, create “curb appeal,” and “stage” homes to sell faster.

For a business owner, I worked in accounts payable, handling large sums of money daily and managing two corporate aircraft.

When I settled in Virginia, I refined my administrative and computer skills at a large, well-known corporation.

Now I am bringing it all together to be your Extra You. Let me give you a few extra hours in the day so you can do the things you really want to do.

Rebekah Phelps
Founder

What We Do

If you have a task that seems like too much, or you’d rather not do it, it’s a job for Extra You.

Personal Bill Paying

Paying your bills requires discipline, diligence, patience, and time. Extra You can relieve the stress associated with this task. No matter what the situation is, we can step in and pay your bills so you know it’s being done correctly and on time.

Organization

Do you feel overwhelmed because you can’t find things when you need them? We’ll help eliminate clutter and transform your closets, den, family room, pantry, wardrobe, bathrooms, and home office. We’ll organize papers, rearrange furniture, toss what’s needed, and help you stay organized.

Personal Concierge Services

Would you rather have a root canal than fight traffic, find a parking space, and wait in long lines? Do you have a loved one who is not able to shop alone? Do you dread calling companies and waiting for contractors? Whether it’s as simple as running errands or as complex as finding the perfect gift for everyone on your holiday list, we’re here for you.

We’ll shop for every day items, such as groceries or prescriptions, or help with bigger purchases, such as office furniture or a new mattress. We can pick up your dry cleaning, make dinner reservations, or obtain tickets to special events.

Personal Services

Many of our clients need a variety of personal services. Some of the things we can do include reading, wrapping gifts, sorting mail, keeping the home tidy, helping with laundry, or just providing companionship. We will discuss any reasonable request.

Who We Do It For

We work with seniors, executives, the physically challenged, and families—people who don’t have the time, desire, or ability to keep on top of their personal administrative chores. Some clients have never had to manage these tasks before, and some would rather just hand it off to someone else.

Our clients come to us for a variety of reasons, and we tailor our services to meet their specific needs.

How We Do It

Extra You works with clients on a monthly basis. At our initial consultation we’ll determine your specific needs and tailor our services to meet them.

Extra You takes your privacy and care seriously. Each time we get together is an opportunity to discuss not only your present needs, but your future needs as well.

We treat you and your family as if you were our own—with kindness, respect and dignity.

Extra You is bonded and insured.

www.ExtraYou.net
703.980.1114

“When my husband had a stroke, a friend recommended Extra You to help me. Rebekah has been a tremendous asset, paying bills, filing, grocery shopping, finding a nanny, and keeping our home organized. She also keeps my husband company, and that is truly marvelous.”—C. Richards