



practice makes PERFECT

Event planner Kathy Goodman creates unique rehearsal dinners with a personal touch. Cassidy Flynn reports.

When a bride and groom begin their journey through the hectic process of planning a wedding, arrangements for the rehearsal dinner can sometimes be left to the last minute. But with table decorations, seating arrangements, food, drinks, and so much more to decide on, this can potentially lead to disastrous results. To avoid this unnecessary stress, event planner Kathy Goodman has started her aptly-named business called Well Rehearsed, which not only plans the evening, but also adds a personal touch so that the dinner can capture the uniqueness that defines the couple and make the evening memorable.

Goodman started Well Rehearsed after her own wedding in 2004, when she realized her ten-year-long profession as a corporate event planner was, in her own words, “missing the personal connection and gratification that comes with bringing my talents to private events.”

But party planning really started the day Goodman began coordinating themes and decorations at the early age of five. She not only created her own fifth birthday party, themed “Cinderella and Her Carriage,”

but every year thereafter, she adopted an entirely new theme. Today, she remembers each one by the equally unique cake that accompanied each event. Now, she is using this creativity to bring out one-of-a-kind designs for her clients’ parties as well.

The peace of mind that Well Rehearsed offers lets the bride and groom relax and enjoy their families and friends while everything is taken care of beforehand. Well Rehearsed offers two packages: The “Enjoy the Celebration” package, which includes all the planning and details while you simply enjoy the results, or the “More Than Just a Dinner” package, which allows the host to be in charge while Goodman is there to assist.

“When meeting with people, I try to find something special and unique to the person or couple, like a hobby or sport that they enjoy,” says Goodman. “Sometimes finding something to use as a theme simply requires a walk down memory lane,” she adds. With Goodman’s help, the rehearsal dinner can have family and friends enchanted with the simple aura reminiscent of two lives well lived. www.wellrehearsed.com



The design of this Asian inspired rehearsal dinner focused on blending the bride and groom’s Chinese and American heritage.



Goodman planned a particular party with a travel theme because the bride and groom are jet setters and travel all over the globe. The groom even proposed at one of the couple’s favorite places, Siena, Italy.

take a BREAK

Cassidy Flynn finds a new spa in town that is sure to knead out your stress and rebalance your senses.

Located in San Mateo, Reve spa offers a plethora of services geared to help you feel relaxed and rejuvenated. Reve is French for dream, and that’s what it aims to accomplish with its holistic approach. Each spa service is tailored to your individual needs and desires to guarantee a unique experience. With massages like the Chakra balancing massage, you will leave Reve feeling rested and recharged.

Reve is also a spa that makes a difference. For the last three years, Reve has united with papermaking communities in Nepal to help sustain change. Every time you purchase an Aveda gift set it helps these communities flourish, for each gift set is topped with Nepali handcrafted paper. So if you don’t have the time for a real vacation, Reve can help you feel like you’ve just returned from one, minus the sunburn. www.revespasalon.com ➔

