



Brilliant *Blooms* GNO

HOSTESS GUIDE

a joyful floral design
girls night to free your mind

featuring *pepper rose*
FLORALS





HELLO & welcome

Hey Sister! We see you working your tail off to be the most amazing mother, wife, friend and contributor to this world that you possibly can. And sometimes you feel discouraged when you can't keep all of those plates spinning as fast as you'd like. Girl, it's stressful! On top of that, as much as you'd love to get time with your girlfriends and feel like you're investing in yourself, who has the time (or energy) to plan & coordinate a night out?

It's easy for women like us to chalk it up to being a season of life we just have to endure. But you know you're meant for more. HeartStories is on a mission to replace the worn out stories in your mind with love. By acknowledging we are all in this together, we're establishing new ways to support each other. Together, we're improving the way women think, love, and live. Are you ready for a new story? Let's dive in to more love...

Crystal & the HeartStories Team



Girls Night Made Easy!

Here's a brief overview of what you can expect throughout this joy-filled Girls Night Out experience!

1

Enjoy a warm welcome from Crystal, followed by a guided meditation to open your heart.

2

Get a front row seat to an exclusive interview & connect through storytelling.

3

Enjoy a fun, floral design workshop with Melissa Thomas of Pepper Rose Florals.



SOMETHING TO TALK ABOUT *how storytelling works*

This is our favorite part of Girls Night - we call it "Gossip Time!" Don't worry, it's GOOD gossip - the kind where personal stories are shared, and the most authentic connections are made! During your storytelling session, you'll hit the "pause" button on the evening for a few minutes to connect on a deeper, more meaningful level with your girlfriends.

"A connection is the energy that exists between two people when they feel seen, heard and valued ..."

• UNKNOWN •



Frequently Asked Questions

What will I need to do to prepare for hosting an event?

Hosting a HeartStories GNO can be as simple or "to the nines" as you want it to be! We have women who go all out with decorations and themed meals, while others show up with pizza, messy buns and yoga pants. The level of prep is up to you. Just remember to invite your girlfriends!

What supplies do I need for this event?

Our goal is to make GNO as easy as possible, so we've provided a Shopping List in this guide with suggestions of everything you'll need for a fun, successful event!

How do I access my Girls Night event?

Your confirmation email includes instructions on how to access to your virtual GNO on Demand event. Please refer to the steps provided to view your video.

How long do I have access to an event after I purchase it?

Once you've purchased a GNO on Demand event, it's yours to use over and over again! This means you can host multiple Girls Night events with different groups. More gatherings = more connections!



Frequently Asked Questions

Can I stream the event on my TV?

If you have a smart TV, you can mirror your screen from your laptop or phone. If you don't have a smart TV, try connecting your TV to your computer with an HDMI cord. Please refer to your TV manual or [click here](#) to learn how.

Can I interact with other attendees in real-time?

Due to the pre-recorded nature of our On Demand events, our live chat feature will not be available. If you're gathering virtually for this event, we encourage you to use FaceTime, Marco Polo or a similar communication tool to interact with your girlfriends.

Will I be able to get technical help during the event?

While we do not currently have an IT Department, we *will* do our best to assist you with minor troubleshooting issues that may arise during your On Demand event. We encourage you to test your video and internet connection prior to gathering to ensure a seamless experience. Should you experience any technical difficulties, please message us on [Facebook](#) or [Instagram](#), and we will respond as soon as possible!



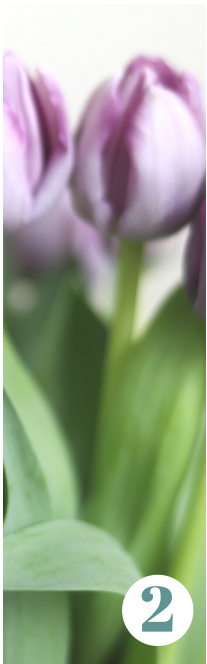
PREP LIST

Recommended Supplies & Materials



- an open workspace to spread out
- 1 vase per person - roughly 7" tall x 7" wide with a large mouth
- 1 pair of scissors, kitchen shears or floral clippers per person
- natural light if available

1. FOCAL FLOWERS (5-7 stems per person): roses, peonies, dahlias, lilies, hydrangeas, or any large flower that catches your eye



2. ACCOMPANYING FLOWERS (5-7 stems per person): ranunculus, tulips, hellebore, sweet peas, snapdragons, carnations, hyacinth



3. FILLER FLOWERS (5-7 stems per person): yarrow, bunny tail, wild grasses, Queen Anne's lace, nigella, chamomile

4. GREENERY (7-15 stems per person): anything that stands out to you



SOURCING

Melissa's tips for gathering flowers



You can source flowers from your local grocery store (*Trader Joe's and Whole Foods have the best I've found*) or your local flower shop! The important thing is to choose flowers you absolutely love and know that there is no "right" or "wrong" when it comes to floral design. This is supposed to be fun!

That being said, if you'd like some tips on how I choose my flowers to create an arrangement like a florist, I encourage you to follow these suggestions:

- Choose flowers based on **what you love**.
- Choose **fresh flowers**. Their leaves should be happy & firm, and there should be no browning, wilting or signs of mold.
- Choose a **color palette**. It could be monochromatic, such as shades of pinks and reds, or shades of yellows, browns and oranges, or choose complementary colors like purples/mauves with yellows/browns, or blues/violets with oranges/yellows.
- It's not required, but sticking to a **cohesive & simple** palette makes the arrangement much more pleasing to the eye! If you LOVE lots of color, though, don't hold back - do YOU.



Brilliant Blooms GNO

Floral Selection Guide



Rose



Dahlia



Peony



Hydrangea



Lily



Snapdragon



Hellebore



Hyacinth



Freesia



Ranunculus



Yarrow



Bunny Tail



Queen
Anne's Lace



Nigella



Chamomile



Fern



Eucalyptus



Lemon Leaf



Dusty Miller



Myrtle



Brilliant Blooms GNO

Floriography - The Language of Flowers

Rose: love, romance, secrecy and confidentiality

Dahlia: elegance, inner strength, change, creativity and dignity

Peony: prosperity, a happy marriage, riches, honor, and compassion

Hydrangea: gratitude, grace, beauty and abundance

Lily: devotion, purity, rebirth and fertility

Snapdragon: strength, deviousness, grace and virtue

Hellebore: serenity, tranquility and peace

Hyacinth: peace, commitment, beauty, power and pride

Freesia: friendship, trust, thoughtfulness, innocence and trust

Ranunculus: attractiveness and charm

Yarrow: healing, protection, success and good luck

Bunny Tail: fertility, hope and new opportunities

Queen Anne's Lace: safety, refuge and sanctuary

Nigella: harmony, love and togetherness

Chamomile: purification, protection, sleep and meditation



Brilliant Blooms GNO

Conversation Cards



**What is
your favorite
flower?**



**Share one thing
that's giving you
hope right now.**



**If you could send
secret flowers,
who would you
send them to?**



**Share one
thorn (low) & one
rose (high) from
your week.**



**What is your
favorite spring
fashion trend?**



**If you could
be any flower,
which one would
you choose?**



**Have you ever
gotten flowers
from a secret
admirer?**



**If your 12 year
old self could see
you now, what
would she say?**



**Share a favorite
movie scene
related to
flowers.**





*Cheers to flowers, friends
& freeing your mind!*

Special thanks to our Featured Guest, Melissa Thomas, for leading us! Melissa owns Pepper Rose - a luxury, fine art florist located in Denver, Colorado. She offers fabulous event florals, floral subscriptions for your home or business, intimate design classes and regular pop-up shops. Melissa believes that flowers hold high vibrational energy, a potent healing balm for your soul, and to share these expressions of the divine with you is her deepest passion.

Thank you for joining us for this girls night of fun, creativity and inspiration! We hope you are leaving tonight feeling refreshed, uplifted and encouraged to find beauty in the ordinary!



Follow us on social media to stay up to date on all things HeartStories!

To More Love,
Team HeartStories



WHAT'S NEXT ???

Sign up for our next Girls Night Made Easy at [GNOatHome.com!](https://GNOatHome.com)

SIGN UP