

♥ heartstories

LET'S GET LIT! GNO

HOSTESS GUIDE

a candle pouring girls night

featuring PADDYWAX





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

Have fun pouring fragrant candles with Whitney Hall of Paddywax!



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 clickable Shopping List in this guide with links to 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!



SHOPPING LIST

Recommended Supplies & Materials



- **PADDYWAX CANDLE POURING KIT (one per person)**
 - 1 wick with safe extinguishing bases
 - 1 wick wooden holders
 - 1 sticky dots to secure your wicks to the base of your vessel
 - 15 oz of 100% soy wax chips for melting
 - 1 15 oz iridescent ceramic vessel
 - 1.25 oz of fragrance oil - selected by you
 - Easy-to-follow instructions



- EricX Light Candle Making Pouring Pot, 4 pounds, Dripless Pouring Spout & Heat-Resisting Handle Designed Wax Melting Pot



- Digital Instant Read Meat Thermometer Kitchen Cooking Food Candy Thermometer for Oil Deep Fry BBQ Grill Smoker Thermometer



- Darice 1199-15, Large Jar Warmer, 1 Pack, White
 - OPTIONAL: Use in the event you do not have easy access to a stove or other heat source



LET'S GET LIT! GNO

Preparation Guide

UNBOX

HAPPY MAIL IS HERE!

Unbox your candle pouring kit(s) shipped from Paddywax & create a work space near a stove or other heat source.



MELT

MELT WITH YOU

Following the directions provided in your kit, use your heat source to melt down the wax. Please exercise caution - safety first!



POUR

POUR DECISIONS

The moment you've been waiting for! Time to pour your fragrant melted candle wax into the beautiful vessel you selected!



ENJOY

LET'S GET LIT!

Enjoy showing off your handmade creation to your girlfriends! Cheers to connection, creativity and candles!





Cheers to friends, fun & fragrant candles!

Special thanks to our Featured Guest, Whitney Hall of Paddywax, for leading us! Paddywax Candle Bar prides themselves on being the most versatile and functional candle brand in the market. by providing a place where friends can gather, connect, and create. Their candle pouring workshops offer an opportunity to create lasting memories and a candle that is unique to you.

Thank you for joining us for this girls night of fun, creativity and inspiration! We hope you are leaving tonight feeling refreshed, uplifted and inspired to go out and share your light with your girlfriends, your family and the world!



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 your next Girls Night Made Easy at [GNOatHome.com!](https://GNOatHome.com)

SIGN UP