

STEFANIE MELO



# **The Sparkly Sage** *Workbook*

This workbook will guide you through the basics of embracing your unique sparkle and sage wisdom of plant based wellness.



# Hey there!

## I'm so glad you found this...

You feel called to do things differently.

You don't fit neatly into one category of woman. You embrace seemingly contrary beliefs and practices, yet they align for you. It feels good and heart-led, fitting in with your unique design.

Yet, it can be lonely.

That's where I come in.

I've been there and I keep doing that. Blazing a trail because the only way to feel like myself is to take the road less taken.

However, I've learned how to garner support, community and encouragement to lead as my boldest, weirdest confounding self.

I'm driven by my highest values and I know that's you too.

Let's begin

*xo Stefanie Melo*

# Your Powerful Path Forward

1

Embrace the way or ways in which you go against the grain. You are not interested in the standard health care advice, don't downplay or fight it.

2

Free yourself for the expectations and desires that others hold for you.

3

Get the support you need and then commit to utilizing that support.

3

# Common mistakes to avoid

Spending countless hours on Pinterest, Google or Instagram or "Crunchy Mama" Facebook groups.

*It always leads to confusion*

1

Worrying or complaining about the cost of living well. This NEVER leads to more of what you want. It leads to more frustration and struggle.

*Hold gratitude for all that is available to you*

2

Trying to figure it all out on your own. Look, you are smart, and you are also important. Save yourself tons of energy researching and move straight to implementing.

*Join the Sage & Sparkle Society*

3

4



# Why start with a diffuser & oils?



## Diffusers Improve Air Quality

Americans, on average, spend approximately 90 percent of their time indoors, where the concentrations of some pollutants are often 2 to 5 times higher than typical outdoor concentrations. **source [epa.gov](https://www.epa.gov)**

*Indoor air quality matters to your health.*

1

## Diffusing improve hormone and emotional health.

Aromatic use of Essential Oils in a Diffuser is the fastest way to use aromatherapy for hormonal and emotional support.

*Your hormones dominate your health & emotions make up your life.*

2

## You want a wellness kit

Just like your first aid kit has more than one item you want a basic set of essential oils that can support: mood, digestion, muscles, immune support & emotions will get you covered for various needs.

*One or two oils won't get you the results you need.*

3

4

# Top Wellness Oils

## Lavender



- Skin Care
- Burn Care
- Mood Support
- Relaxation

- Digestive Support
- Muscle Soothing
- Mental Invigoration
- Headache Support

## Peppermint Vitality



- Gentle Body Cleansing
- Energy Support
- Cleaning Sharpie Marker
- Fresh Aroma

## Lemon Vitality





# Top Selling Oils & Common Use

- Nausea
- Upset Stomach
- Gas
- Indigestion



*Dilgize Vitality*

*Thieves Vitality*

- Warm Cozy Aroma
- Immune support
- Reducing airborne germs
- Sore Throat Tea

- Focus
- Youthful Skin
- Infant immune support
- Respiratory support



*Frankincense*

# Top Selling Oils & Common Use



- Helping you chill out
- Relaxing environment
- Support for pets & ptsd with fireworks

- Upper Respiratory Relief
- Make a DIY chest rub
- Lower respiratory relief



- Post workout comfort
- Joint pain soothing





# Top Selling Oils & Common Use

- Emotional Grounding
- TMJ discomfort
- Spinal support
- Courage



- Emotional Pickup
- Infused water
- DIY Fabric Softener Sheets

- Relaxation
- Muscle tension



# Why join Loyalty Rewards?



## You will get results when you use the oils

Simplify your healthier lifestyle with easy ordering & set your budget at 100pv for transformation.

*You're going to reorder!*

1

## You can earn points for your spending

2% money back at Costco, Earn 10-25% with Young Living and save those points to redeem from hundreds of FREE products.

*You are a sage and savvy woman who lives to save money.*

2

## You get free access to Sage Renegade Mamas

A growing encyclopedia of home remedies, monthly coaching calls and masterclasses for healthier living.

*Lifestyle changes are much easier in community.*

3

4

# Checklist

- ☐ *A guide & resource library Sage Renegade Mama*
- ☐ *Diffuser*
- ☐ *Lemon*
- ☐ *Peppermint*
- ☐ *Lavender*
- ☐ *Frankincense*
- ☐ *Peace & Calming*
- ☐ *Digize*
- ☐ *Thieves*
- ☐ *Panaway*
- ☐ *Raven*
- ☐ *Stress Away*
- ☐ *Citrus Fresh*
- ☐ *Valor*
- ☐ *100 PV Loyalty Rewards Order*



# You want more

## You could buy your products anywhere from any one.

You have purchasing power and you get to decide exactly where your investments go.

Why not only invest in products that don't harm the earth or those in the production process?

Why not choose to invest in another woman who has held space for a renegade mama like you?

When you buy from me, you are not just getting a high quality and ethical shopping experience.

You get a growing resource library to care for the health of everyone in your home.

A community of other mamas to support and learn from.

Access to courses on holistic fertility, pregnancy health, birth planning and preparation, infant development, infant feeding, bonding, positive discipline & home education as well as Montessori Parenting.

Need more info? Head to the "Start Here" page for a comprehensive Essential Oils 101 class

*xo Stefanie Melo*





# Your next *Steps*

**Join my community with 100PV monthly purchase**



[Place your first order](#)



[ask questions](#)

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[@thesparklysage](#)

**Check out my website for more freebies**



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