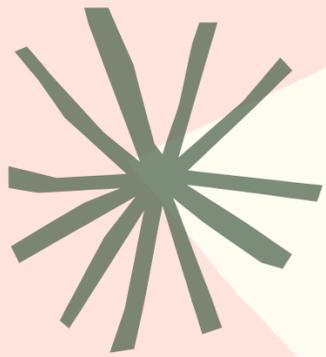


# A Gift To Shift

Made for Women, By Women

**A product created with love by**

The O.W.L.s  
Oils. Wellness. Love





# Hi! We are The OWLs

## **Oils. Wellness. Love**

The OWLs are a group of Holistic Coaches, Educators and Facilitators in one of these areas: Essential oils, Wellness or Self Love. We have come together to present you this holistic package that will give you the necessary tools and resources to help you be on the way to become the best and healthiest version of you.

# What does a woman represent to you?

- Mothers, daughters, sisters, friend
- Caregiver, nurturer
- Give birth to life
- Strong mind / soft heart
- Love, empathy, compassion

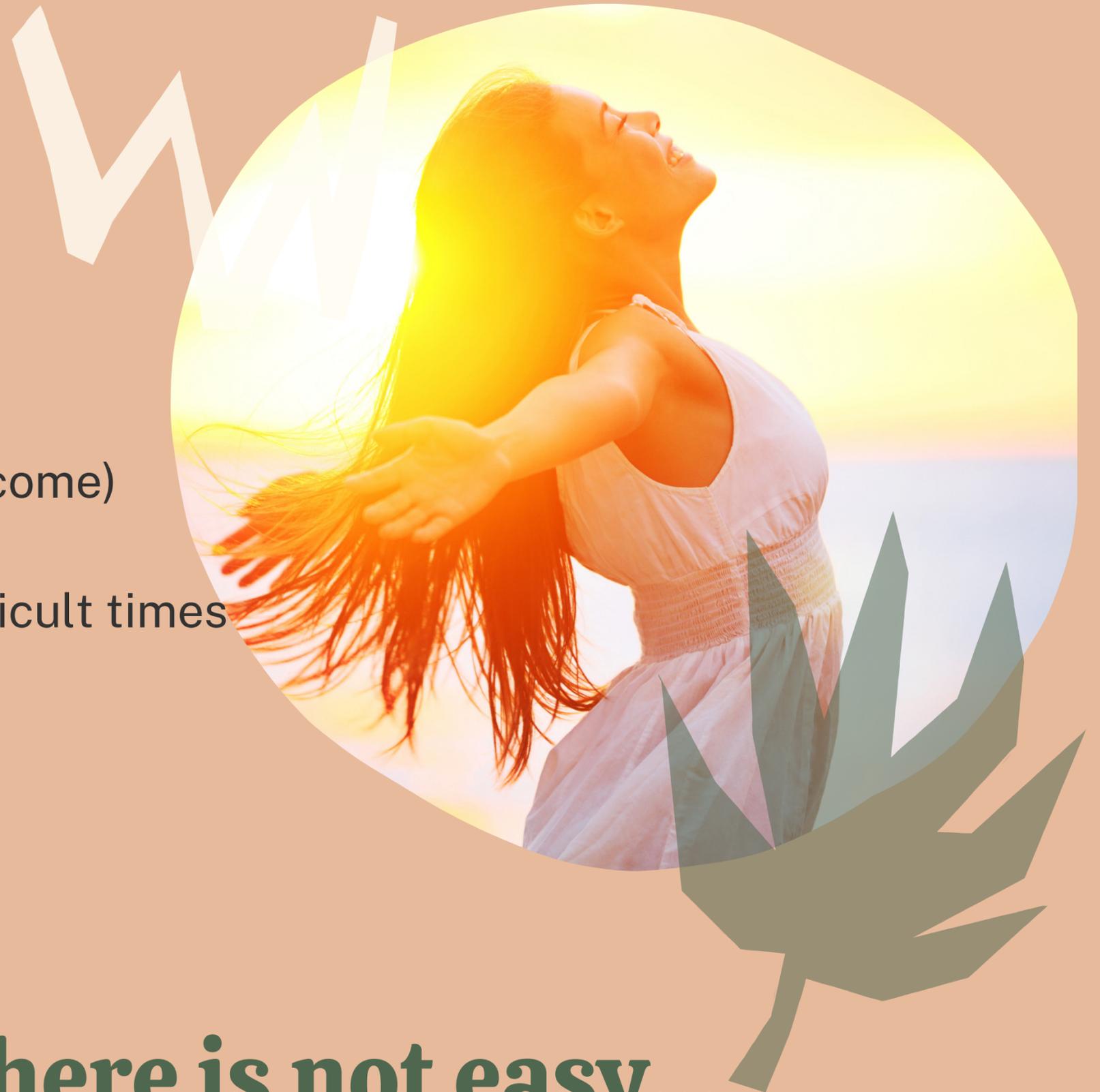


# Let's imagine for a second...

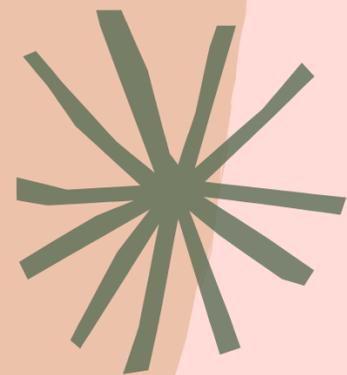
## That as a woman, you:

- Are at your healthiest (or on the way to become)
- At your fittest
- Able to flow and stay grounded during difficult times
- Are proactive in your self care
- Sets boundaries in a loving way
- Are sharing your gifts with this world
- Are at your highest version of yourself...

**But getting here is not easy...**



# What challenges do we face as women?



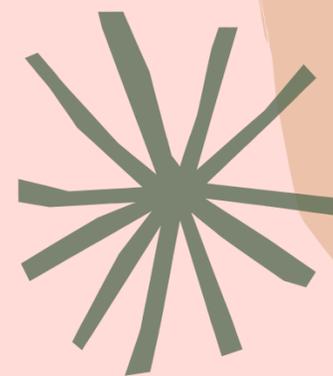
- Cycles of womanhood
- Manage career and motherhood
- We live in a patriarchic world
- Access to equal opportunities
- Sexism
- Economic inequality
- And more...

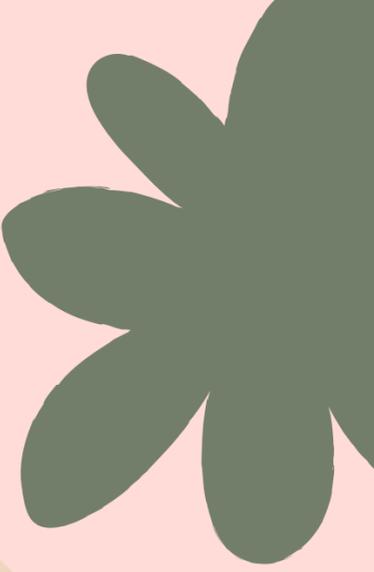
- We tend to put others first and put our self care last
  - Put off eating healthy
  - Put off exercise
  - Put off meditation
  - Put off body treatments & examinations
  - Put off our hopes and dreams
- This lack of self care can bring
  - Stress, anxiety
  - Energy drainage
  - Health problems
  - Lose our sense of identity
- We forget what WE want and WHO we are

**Let's face it**



**It's not easy being a woman**

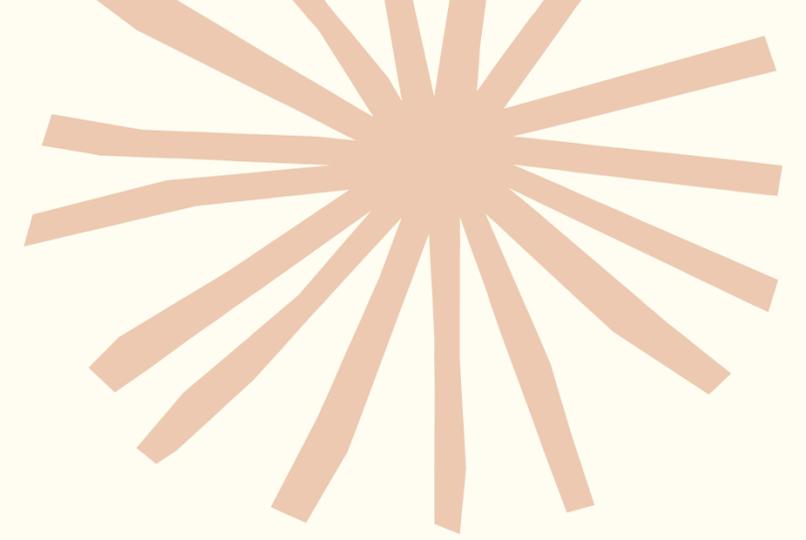




# We get it...

We are here because we know what it is like and we want to help you

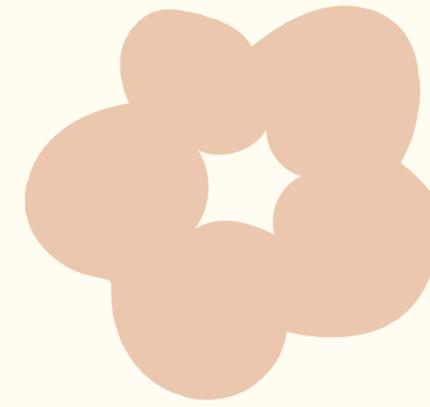




# **A Gift To Shift**

A soul crafted holistic toolbox, created by women for women who are in search of a mindful living journey and become the best and healthiest version of themselves.

# The Wellness Puzzle



# Healthy Eating

## Beat the Cooking Blues

During this 30 min. consultation, you and Health Coach Viviana Collazo will talk about your biggest challenges when it comes to home cooking healthy meals for you and your family. We will also go over solutions and habits you can incorporate to make meal time simple!

Learn more about Viviana and what she offers [HERE](#)

## Medication & Supplement Check Up

In this 15-minute consultation, you can ask Dr. Lisa Nezneski anything about medications and natural supplements. Any question is fair game: drug interactions, compatibility with supplements, what time of day to take medications, and the all-time favorite is how can I simplify what I am taking?

Learn more about Dr. Lisa Nezneski and what she offers [HERE](#)



# Movement

## **One Yoga Class**

1 private yoga class personalized to your needs and your level of experience. Certified Yoga Instructor, Lara Ramos will come to your house or place of choice to do a one on one yoga class.

## **One in person HipHop group class**

Join Jeannie Fit to a one time in person Hip Hop class.



# Mindful Living -

## Life Coaching session

In this 60 minute Consultation with Life Coach Jana Gonzalez, you will embark on holistic approaches (like mindfulness, self-love practices, etc.), proven tools and techniques that will allow you to discover your true self, desires and manifest your dreams.

## The Wellness Puzzle - Consult

During this consultation, you and Health Coach Viviana Collazo, will take a dive to explore your health concerns, your health goals and possible solutions to help you transform into your best & healthiest version of yourself. When you feel at your best, you can create the life you want.



**So how much does it cost?**

**\$99**

limited quantity\*

10% is donated to charity (varies every month)

**But wait...there's more**

# Personal Care – Discounts at local businesses (Brevard County)



**Kristen Barry**

## Thermography Scan – Space Coast Thermography

- Thermography, is an FDA approved, non-invasive, radiation-free imaging technology used to measure and map the heat on the surface of the body using an ultra-sensitive medical infrared camera.
- \$25 off a Breast Screening (7-9 images of the breasts + doctor report)
- \$50 off a Women's Health Study (16-18 images of the face, neck/thyroid, breasts, abdomen, back + doctor report)
- \$75 off a Full Body Study (34-36 images of the face, neck/thyroid, breasts, abdomen, back, glutes, arms, hands, legs, feet + doctor report).
- Learn more [HERE](#):

## Ayurveda Treatment – Healing Elements Ayurveda

- Ayurveda means “the science of life” and its roots in India are over 5,000 years old. This ancient science incorporates diet/nutrition, herbal care, yoga, pranayama (breathing exercises) and bodywork/detoxification therapies -in a very practical and modern way.
- 10% off discount on any body treatment which will include a free (\$35 value) Herbal Steam treatment.
- Learn more [HERE](#)



**Kim Shelpman**



**Mabelle Mardones**

## CranioSacral Treatment

- CranioSacral is a treatment that works with the natural rhythmic flow of the cerebrospinal fluid to bring balance to the cranium and sacrum. It releases emotional tension and deep physical restrictions within the soft tissue that surround the central nervous system to relieve pain, stress, and dysfunction and improve overall health.
- Get a 20% discount on a 60 minute CranioSacral Therapy
- Learn more [HERE](#).



# Other bonuses



Recipes and meal plans



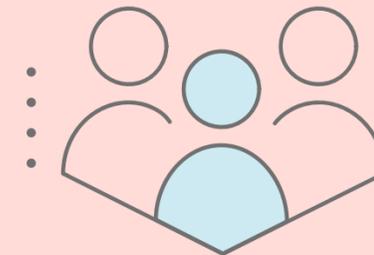
Ebooks & Education



Discount to workouts



Discount for AmLove  
design jewelry



Community & Support



# At a Glance

- **Beat the Cooking Blues (30 min consult)**
- **Medication Check Up Consult**
- **Healthy Eating Guide**
- **Recipes & meal plans**
- **1 in person class for HipHopFit**
- **1 private Yoga class**
- **Discover Your Wellness Puzzle Consultation**
- **Holistic Life Coach Consultation**
- **Discount on AmLove Design Jewelry**
- **Discount on Thermography scan at Space Coast Thermography**
- **Discount on Ayurveda Body Treatment & Free Herbal Steam treatment**
- **Discount on Cranial Sacral Therapy**
- **Retail value: \$600+**

# Guaranteed

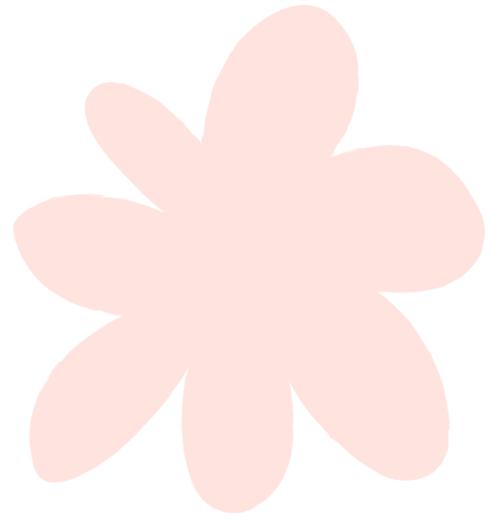
If you redeem all your services, took action and you did not see any results, I will give your money back



- **How long do I have to redeem?**
  - 6 months with the exception of the Thermography scan, which is one year
- **How do I redeem?**
  - You will have access to a platform with a login and password. You will have access to all the education and instructions on how to redeem there.
- **Where are sessions held?**
  - Consults are held via zoom. Treatments will be at the local establishments
- **Where does the 10% donation go to?**
  - Donations will go to various respectable and reputable organizations. Every month will vary. Currently the donations will go to St. Jude's Children Hospital
- **Can I transfer my services to someone else?**
  - Not at this point
- **I have more questions. Who should I ask?**
  - Any other questions you have, you can email Viviana at [viviana@vivianacollazo.com](mailto:viviana@vivianacollazo.com)

# FAQ's





*"Amazing things  
happen when women  
help other women"*

– Kasia Gospoś



# Get through any of our partners...

(links below)



**Viviana Collazo**



**Dr. Lisa Nezeski**



**Lara Ramos**



**Jeannie Martingano**



**Jana Gonzalez**



**Adrianna Albani**



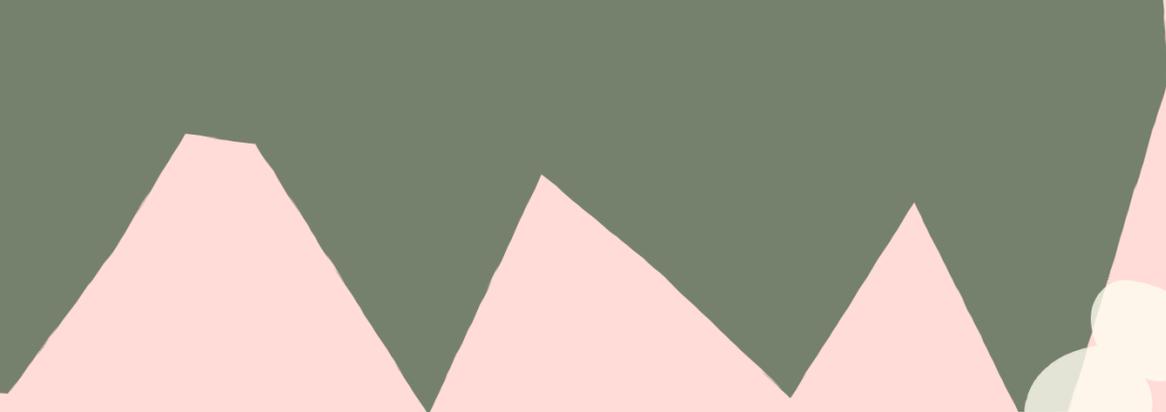
**Kristen Barry**



**Kim Shelpman**



**Mabelle Ordones**



**Thank you!**

