

Sarah Trop

INTERIOR DESIGNER
INFLUENCER
LIFESTYLE & TRAVEL BLOGGER

MEDIA KIT

www.funcycled.com

Hi, I'm Sarah!

AWARD-WINNING INTERIOR DESIGNER & LIFESTYLE BLOGGER

Sarah Trop is an award-winning interior designer, lifestyle blogger, and founder of FunCycled, a design-forward company rooted in sustainability, creativity, and faith. With a love for repurposing and a passion for transforming old homes into peaceful sanctuaries, Sarah has spent over 13 years creating dignified, high-impact spaces across the country, including an 1802 farmhouse and a 1895 flipped historic trolley house.

Sarah's signature design approach fuses her fine art background, hands-on construction experience, and heart-centered mission to help people find peace in their surroundings. She is especially known for her work in small-space solutions, midcentury modern revivals, and trauma-informed design for nonprofits supporting survivors of trafficking and individuals experiencing homelessness.



Whether she's repurposing antique furniture, scaling a design from budget-friendly to high-end, or exploring the integration of AI in interior design, Sarah Trop is a voice to watch, and one that elevates every space and story she touches.

FunCycled
REPURPOSED DESIGNS





SERVICES

- INTERIOR DESIGN - Create spaces that reflect your personality while embracing sustainable design principles. We specialize in transforming rooms into functional spaces.
- KITCHEN CABINET PAINTING - Transform your kitchen without the waste and expense of a full remodel. Our eco-friendly cabinet painting service breathes new life into your existing cabinets.
- AIRBNB - Stand out in the competitive vacation rental market with spaces designed specifically for guest satisfaction and operational efficiency.

EXQUISITE SPACES. SUSTAINABLE DESIGNS. BRIGHTER FUTURES.

At FunCycled, we believe that creativity and sustainability go hand in hand. Our goal is to help you create beautiful, functional spaces that reflect your unique style, all while minimizing environmental impact.

Client Testimonials

"The transformation is such a boost and was so easy because we partnered with Sarah and John Trop at FunCycled!"

Mary Ann & Tom T.

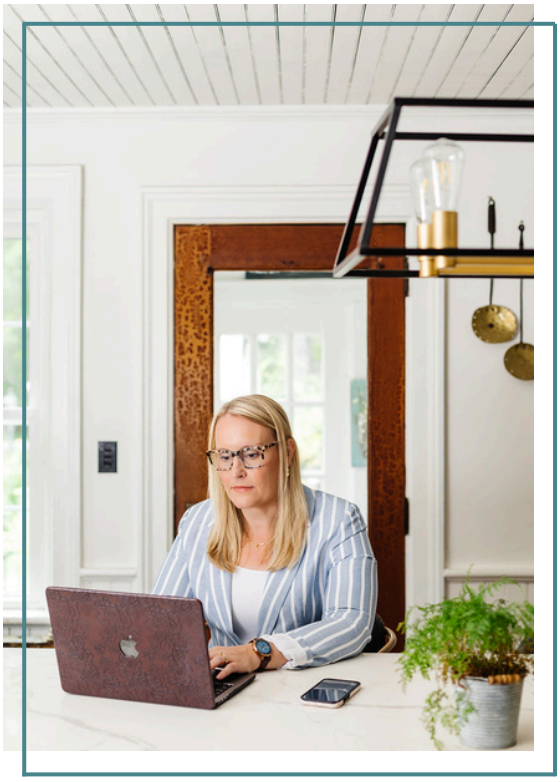
"We are thrilled with our 'new' kitchen! Everyone involved from beginning to end of the project were great-friendly, professional and prompt!!

Kristine & Paul P.

Blogging

FUNCYCLED.COM

By day, she transforms spaces and furniture with her sustainable designs, and by night, she shares her journey and insights as a lifestyle blogger. Beyond her professional accomplishments, Sarah finds joy in global adventures with her husband and two teenagers. She's passionate about helping others uncover the extraordinary in everyday life and inspiring women to pursue growth in their businesses and spiritual lives.



STATISTICS

10,600+
average monthly page views

3,100+
unique monthly visitors

44% / 53%
organic search / direct visits

2,300+
email list subscribers



MOST VIEWED BLOGS

Driving Tour of Fixer Upper
Stop by 10 Famous Makeovers

Colors of 2025
Explore Yearly Picks from Top Brands

Broken Down Buffet
Re-Igniting Life for One Special Piece

Influencing Change

@FUNCYCLED

Sarah's work and voice have been celebrated across media and design circles, from winning HGTV's Flea Market Flip to appearances on the Rachael Ray Show, winning BYUtv's Survivalist, and features in House Beautiful, Country Living, Life at Home Magazine, and the Better After Blog. Most recently, her biophilic design expertise was spotlighted in a full-length feature by the Times Union News.



EDUCATOR & CHANGE MAKER

Trauma Informed Design
Partnering with non profits for trafficking & homelessness

Broken to Beautiful Initiative
FunCycled sponsored give back intiative

Women in Business
Keynote speaker & champion

Sustainability in Design
Social influencer, speaker, blogger, and advocate

AS SEEN ON

HGTV
Flea Market Flip

Rachel Ray Show
Featuring Sarah's
30 Acts of Kindness Initialtive

BYUtv's
Survivalist

FEATURED IN

House Beautiful
Country Living
Life at Home Magazine
Authority Magazine



WHO I WORK WITH

With deep roots in family, home, and global exploration, I love to inspire others to uncover the extraordinary in the everyday and partner with brands that align with her values of creativity, sustainability, and purpose-driven living.

WHAT YOU CAN EXPECT

FunCycled, where creativity meets sustainability! We specialize in transforming your spaces through innovative interior design, with a focus on repurposing furniture and revitalizing kitchens. Our passion lies in breathing new life into what you already own, creating beautiful, functional environments that reflect your unique style.



GET IN TOUCH

For me, design is about more than just creating a pretty space. It's an opportunity to tell stories, re-vive spaces, and carry joy into the world. One moment at a time, I hope to inspire growth, beauty and change!

Sarah

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