

A hand holding a pen is positioned at the top left, with a pen nib pointing towards the center. Below the hand is a calendar grid with dates. In the background, there is a green plant with leaves. The entire scene is overlaid with a semi-transparent blue filter.

YOUR WHOLE WELLNESS GUIDE

A complete guide to transform
your wellness habits so you can look
great, have more energy + increase
your resilience

HAYLEY HOBSON



Cheers to you for taking your first steps toward creating a holistic wellness routine. I'm excited for you!

Inside this guide, you'll find everything you need to know to begin integrating habits that will transform you from the inside out.

You'll begin with my 4-part Immunity Protocol – which covers 4 essential areas you can focus on to protect your health – and the health of your loved ones.

Then, you'll learn all about the power of essential oils.

Last, you'll receive a collection of my favorite essential oil blends to protect not only your immune system – but also your emotional and mental health.

Let's get started!

XO,
Hayley

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4-Part Immunity Protocol for Total Health

Knowing exactly how to support your immune system with natural solutions isn't as hard as it may seem. I've developed a 4-step protocol to make it super simple for you to get started... using effective holistic solutions you can feel good about.

Use the recipes + tips on the following pages to give your body what it needs in order to be strong, healthy, and energized.

My 4-part system includes:

1. Supplementation.
2. Vitamin IV therapy.
3. Juice + lifestyle.
4. Essential oils.

When used together, these 4 areas help you optimize the performance of your immune system – and create a daily wellness solution that supports every area of your life.

#1 - SUPPLEMENTATION

Although not the sexiest wellness hack out there, supplements are absolutely necessary for your immune system to stay at peak effectiveness.

There are a lot of options out there but I've found a few tried-and-true supplements that keep my body healthy consistently.

Most of the supplements below are available at your local health food store unless noted otherwise.

recommendations

- doTERRA's exclusive Lifelong Vitality Supplements (to be taken internally) – not available in stores; buy it here.
- Liquid Vitamin D (to be taken internally).
- Liquid Vitamin C (to be taken internally) – my personal recommendation is Lipo-Speric, which you can get in stores or online.
- Humic / Fulvic Acid (to be taken internally).
- Colloidal Silver (NOT for internal use; put in a spray bottle and spray in your mouth, nose, and ears).

Be sure to follow the dosing instructions on the package.



#2 - VITAMIN INTRAVENOUS THERAPY

Vitamin Intravenous Therapy is exactly what it sounds like – receiving concentrated vitamins through an IV drip.

Receiving vitamins via IV therapy has been shown in some studies to be quite effective for those with vitamin deficiencies. Vitamin drips may be more effective than taking vitamins orally because the nutrients are delivered directly into your bloodstream and your body absorbs more of them.

Most areas now have therapy studios where you can receive this kind of treatment. Do a Google search for "vitamin therapy studio near me" to see your options. And be sure to check reviews to ensure you choose a reputable studio.

Many studios also offer “vitamin shots” – which deliver the vitamin via an injection. Either an IV or shot offers you a direct line of vitamin support.



Be sure to follow the dosing instructions on the package.

- B Complex.
- B12.
- B6 / Pyridoxine.
- Vitamin C.
- Glutathione.
- Magnesium Sulfate.
- Vitamin D shot.

#3 - JUICE + LIFESTYLE

Nutrition is everything. So it's absolutely critical to support your immune system by nourishing your body.

Did you know that 70% of your immune system comes from your gut? So if you want to fuel up resilience against pathogens, you gotta fuel up your bod!

One of my fav forms of nourishment is using liquid nutrition – especially juicing. It's fast. And it's easy.



Below you'll find a few of my fav recommendations of ingredients to put into your juices. Make them at home or order them at your local juice bar.

You'll also find 3 recommendations for healthy lifestyle habits. Habits that will help detox your mind + your body.

broth & tonic:

For the broth:

- Fresh ginger and turmeric root.
- Oregano.
- Coconut meat.
- Garlic.
- Coconut aminos.
- Olive oil.
- Parsley.
- Lime.

For the tonic:

- Apple cider vinegar.
- Turmeric & ginger juice.
- Black pepper oil.
- Vitamin D3.
- Elderberry.
- Reishi.
- Amla.
- Cayenne.

DETOX GREEN JUICE:

- Cucumber.
- Green apple.
- Celery.
- Kale.
- Collard greens.
- Parsley.
- Ginger.
- Lime.



#3 - JUICE + LIFESTYLE, CONTINUED

IMMUNITY JUICE

- Orange.
- Grapefruit.
- Lemon.
- Lime.
- Turmeric.
- Ginger tea.



IMMUNITY SHOTS:

Shot 1 - ginger, lemon, oil of oregano, apple cider vinegar, and cayenne.

Shot 2 - ginger tea, orange, grapefruit, lemon, turmeric, ginger, cayenne, and black pepper oil.

LIFESTYLE HABITS

Soak in a hot tub daily.

Use magnesium bath salts (such as Epsom salt). They draw impurities out of your body through your skin – which supports your body when you become exposed to viruses and pathogens. It's also excellent for detoxing (which we should do daily, as our modern-day lifestyles increase our toxic loads – making it harder for our immune system to protect us.

Enhancement ideas:

- Add a few drops of peppermint, eucalyptus, and/or frankincense essential oils for additional nourishment and immunity-boosting.
- Add apple cider vinegar (1-2 cups for a full bath) and baking soda and soak for 10-15 minutes – both contain antimicrobial properties and aid in healing.

Alleviate chest congestion.

If you experience congestion (such as from a cold, allergies, or bronchitis), applying a castor oil pack to your chest is a tried-and-true holistic remedy. To amplify results, you can also add frankincense and eucalyptus oils to the pack, as they help open airways and break up mucus.

Castor oil packs have also been used to soothe arthritis pain, swelling and inflammation, and support the healing of bruises and muscle strains – so they're a great home remedy to have around the house.

Nourish your skin.

Your skin is the largest body organ. It acts as your #1 defense system – so take care of it! Apply a few drops of an invigorating essential oil blend like dōTERRA's proprietary AromaTouch to your neck and shoulders and lower abdomen and legs. Then, follow it up with a session of dry brushing to promote cellular turnover.

ESSENTIAL OILS

You may already know that essential oils are considered "plant magic". And they're called that for a reason.

Essential oils are made by distilling plants—which have been used for thousands of years as holistic remedies and medicines—into a concentrated oil that is both pure and powerful.

Incorporating them into your daily life is part of a well-rounded wellness routine.

Essential oils can be used to support all areas of your health (physical, mental, and emotional).

The first step toward unlocking that benefit is understanding more about essential oils and how they work.



everything to know about essential oils

In this section, you'll discover why essential oils should be a part of your wellness routine – and how to safely use them.

ESSENTIAL OILS ARE 100% NATURAL AND SAFE

I use dōTERRA essential oils because they are 100% natural and safe. They're pure – as in there is nothing added to the oil and there is nothing taken away from it. Many other brands can't say this.

dōTERRA sources, grows, distills, and manufactures pure essential oils with no side effects and no additives. They're safe for babies, children, adults, and the elderly.

you should know:

A pure oil is about 50-70 times more powerful than a herb. For instance, one drop of peppermint EO = drinking 28 cups of peppermint tea!

dōTERRA essential oils are also backed by the Certified Pure Therapeutic Grade standard. This means their purity and potency are tested and approved by a third party.

Each plant is grown in its indigenous environment. This means it's grown in a part of the world where that plant grows best, resulting in the absolute best chemistry for that plant.

When an essential oil has an ideal natural chemistry, once extracted it does exactly what you want it to do for your health.

ESSENTIAL OILS ARE EFFECTIVE

dōTERRA essential oils have been proven to be more effective than many modern-day approaches to health problems.

The reason for this is simple biology.

Every cell in our body has an outer, oily membrane that protects the cell. And essential oils can permeate the cell membrane.



They can combat bacteria on the outside of the cell and prevent the duplication of viruses on the inside of the cell. This makes them different from many modern-day approaches to medicine.

Essential oils work on a cellular level. Without side effects or addictions. That's why they're often more effective than the modern approach to health problems.

Plus, if you are using other medical interventions, they can support and supplement the benefits of those treatments.



ESSENTIAL OILS ARE AFFORDABLE

dōTERRA essential oils are quite affordable – and less expensive than traditional medical care.

No matter where you live, you may have a variety of medical costs. Think of your typical cost when you visit the doctor: co-pay, deductible, pharmacy cost, concierge fees, and other physician charges... not to mention your time.

Imagine what it would be like if you could rub a few drops of Tea Tree and Lavender on your little one's ear when an ear infection comes on...

Just 64¢ later, you have a solution – and your little one feels better faster. Versus all the inflated co-pays and deductibles, insurance hassles, and time spent waiting for the mending to kick in.

Whether it costs you \$20 for the co-pay and the prescription or it costs you \$0 because you live in a country with free medical care, essential oils are still less expensive than the gas in the car you pay to go to the doctor's office. Or any time off needed for the visit.

ESSENTIAL OILS SUPPORT YOU ON EVERY LEVEL

1. **EMOTIONAL WELLBEING** - Essential oils can assist in helping you feel more grounded and balanced. They can be used to shift your mindset to a positive place.
2. **MENTAL WELLBEING** - Essential oils can assist you by promoting relaxation, and by providing tools to center your thoughts.
3. **PHYSICAL WELLBEING** - Essential oils can support your cellular, digestive and muscular systems through topical and internal usage.



Understanding how to use essential oils safely and effectively empowers you to make decisions about your healthcare. You can experiment with building customized protocols that use natural solutions, to support your total wellbeing.

ESSENTIAL OILS CAN HELP BOOST IMMUNITY

As “plant magic,” essential oils can help support your immune system in a variety of ways. From fighting inflammation to activating specific immune cells to stimulating key aspects of your immune system, essential oils offer natural benefits to increase resilience and speed up the recovery response when your immune system is activated.

THE IMMUNITY PROTOCOL:

Use 1-2 drops topically & internally:

- Peppermint.
- Frankincense.
- On Guard (a doTERRA-exclusive blend).
- Melissa.
- Tea Tree.

Use topically only:

- Eucalyptus.
- AromaTouch (a doTERRA-exclusive blend).

HOW TO USE ESSENTIAL OILS

1. TOPICALLY

Essential oils are safe to apply directly to the skin. Children (and people with sensitive skin) may want to dilute them with a carrier oil (like fractionated coconut oil). Oils can be applied to many places on your body. The pores of your skin act as an entry point for oils to enter the bloodstream and immediately begin their work. For the Immunity Protocol, massage these oils directly along your spine and into the soles of your feet.

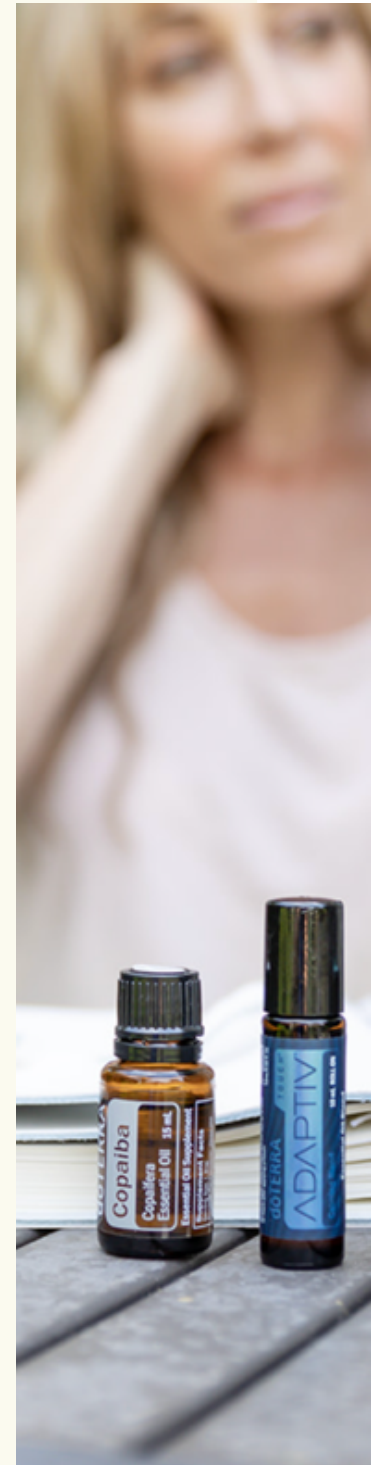
HOW TO USE ESSENTIAL OILS, CONT.

2. INTERNALLY

When you ingest essential oils, they go right into your digestive system and absorb into your organs. This allows them to support your immune system, assist with relaxation, improve the cellular reparation to your skin, and even manage your emotions. Unless noted, you can ingest doTERRA oils as they are high quality and pure (which most oils are NOT). Essential oils can be added to your food, water, or by adding 1-2 drops to an empty veggie capsule.

3. AROMATICALLY

Your nose contains your olfactory nerve. This nerve sends messages to the limbic system in your brain – which in turn sends messages all over the body. Using essential oils aromatically means breathing in their aroma by applying them to your hands or using a diffuser (be sure to add your oils to distilled water – it minimizes the risk of bacteria versus tap water).



These are all blends for your aromatic diffuser. Remember: use room temp, distilled water.

Pro-tip: Essential oils have different properties that evoke emotions or states of being. Adjust the recipes with different oils to see how they impact you differently. Once you're comfortable diffusing these blends, try experimenting with combinations of your own and create your own recipes!



essential oil blends for daily life

3 ESSENTIAL OIL BLENDS FOR SLEEP

SWEET DREAMS BLEND - These oils are grounding and formulated to calm restlessness.

- 4 drops Roman Chamomile.
- 3 drops Ylang Ylang.
- 3 drops dōTERRA Serenity blend.

MELLOW OUT BLEND - Use this blend of essential oils before bed to help reduce inflammation of your body and your body. It contains Copaiba which is a cannabinoid (no THC) designed to reduce stress.

- 3 drops Frankincense.
- 2 drops Copaiba.
- 3 drops Lavender.
- 1 drop Wild Orange.
- Top with distilled water in your diffuser.

EASY BREATHER BLEND - Use this recipe for added respiratory support at night.

- 5 drops dōTERRA Breathe blend.
- 2 drops Melaleuca.
- 1 drop Cedarwood.



LIFESTYLE + EMOTIONAL BLENDS

SUPERCHARGE BLEND

When you need a burst of energy, add these to your diffuser:

- 4 drops Grapefruit.
- 4 drops Wild Orange.
- 3 drops Lemon.

BRAVERY BLEND

Get yourself a dose of daring with this uplifting, invigorating recipe.

- 1 drop Cinnamon.
- 5 drops Wild Orange.
- 1 drop Black Spruce.

CONFIDENCE BLEND

When you need some extra confidence::

- 4 drops Wild Orange.
- 3 drops Cinnamon.
- 3 drops Bergamot.



COURAGE BLEND

When you want to take action and want to calm your nerves::

- 3 drops of Juniper.
- 2 drops Frankincense.
- 1 drop Black Spruce.
- 1 drop Cinnamon.
- Top with distilled water in your diffuser.



MINDSET BLENDS

FOCUS BLEND

When you're feeling distracted and need to reign in your thoughts:

- 4 drops Juniper Berry.
- 5 drops Lavender.
- 1 drop Lemon.

MINDSET BLENDS, CONT.

MANIFESTATION BLEND

Ready to call your dreams into being? Use this recipe when you're meditating, journaling, or setting your intention for the day.

- 3 drops Clove.
- 1 drop Ginger.
- 2 drops Lemongrass.
- 5 drops Wild Orange.

MOTIVATION BLEND

When you want to inspire yourself to keep going.

- 4 drops Wild Orange.
- 1 drop Black Spruce.
- 2 drops Clove.



Here's what's next for you...

Now that you're familiar with the essential steps toward taking control of your own holistic wellness, what's next?

This is your exclusive invitation to join my private group on Facebook, Healthy Habits & Hacks.

Inside this group, I share daily info, tips + recipes with the intention of helping you improve your routines and habits.

Did I mention it's free to join? Click below and request to join.

[HAYLEYHOBSON.COM/HEALTHHABITSGROUP](https://www.hayleyhobson.com/healthhabitsgroup)

see you there!





YOUR WHOLE WELLNESS GUIDE

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