

# The Ultimate Wellness Guide: *At Home Or On-The-Go*

A BTS look at my daily routine

Because **health is wealth**. And your **daily habits** are the key.



HAYLEY HOBSON



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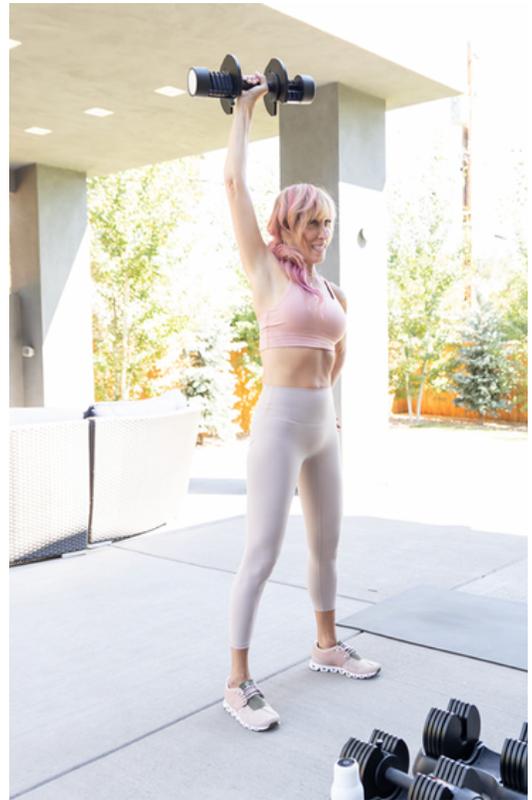
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HEY,

*I'm Hayley*

I love “woo woo wellness”.

Well, that’s what it’s called now. But I’ve been using many of the practices now hitting the main stage for decades – before they were trendy or popular.



Things like:

- Yoga.
- Pilates.
- Mindfulness.
- Plant-based foods (including vegan “cheez”).
- Essential oils.
- Castor oil.
- Adaptogens.
- Radio, light + sound techniques.
- Anti-aging.
- Biohacks.
- Life, health + biz coaching.
- Transformational coaching.

I've cultivated a unique lifestyle through experimentation. Because I've never been the person to just "do what everyone else is doing."

I've always been an early adopter – searching for innovative and cutting-edge ways to optimize my life. And it actually became my career.

I've been able to build more health and wealth – while traveling all over the world (for business + fun) showing other people how to do it too.

This guide is a behind-the-scenes look at how I live my life on the daily. Whether I'm home. Or on-the-go.

The common denominator is that **health is wealth**. And your **daily habits are the key**.

Your daily habits don't get to suffer just because you're busy. In fact, the busier your life is, the stronger your habits get to be.

So this guide includes my must-have habits + hacks, products, techniques, and even product choices...

Plus all the juicy stuff you wanna know about: career, relationships, family, home, fun, time, and money.

So you can live a full life - exploring the world - while staying healthy, happy and fit at the same time.

Let's get started!

XO,

*Hayley*

*PS: This guide contains affiliate links. Which means I may get a small commission if you buy anything. There's no cost to you – you may even get a discount. Woohoo!*

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# Morning Routine

## **5AM Wakey Wakey**

I wake up with sunlight (via cracked blinds). If you prefer an alarm, choose a “gentle alarm” to keep stress down upon waking.

The first thing I do is check my **Oura ring** for my sleep score. It’s calculated according to multiple factors, including your total sleep time, sleep quality, and how long it took me to fall asleep. Since sleep is so essential to health + productivity, optimizing my sleep score is always top of mind for me!

## **Meditation**

20 minutes of guided meditation with my **BrainTap headset**.

My favs are “Morning Cheer” + “Morning Boost”. They energize me for the day and only take about 15 mins in the morning.

# Morning Routine

## Skincare Regimen

I spend about 5 minutes doing my morning skincare.

Get more details about each step in the [Skincare + Beauty section](#).

### Daily

- The essential cleanser.
- Toner.
- Eye cream.
- Immortelle anti-aging serum.
- Immortelle anti-aging oil blend.
- Rose Touch.
- Yarrow Pom.
- Moisturizing cream.
- Blue Lotus Oil.
- Drunk Elephant Bronzing Drops.
- Moisturizing cream.
- Queen of Thrones Castor Oil Pack.

And, of course, I brush my teeth twice a day with my electric toothbrush that has activated charcoal in the bristles. It's called a [BOKA brush](#) and it conveniently comes with a sleek case for easy packing!

Activated charcoal has been shown to help remove surface stains on your teeth. It's also naturally abrasive so it's able to absorb surface stains.

And [SuperMint Toothpaste](#) is my fav! It's Fluoride-free and contains hydroxyapatite—a naturally occurring calcium and phosphorus compound that can help remineralize and restore enamel, making teeth feel stronger, smoother, healthier, and less sensitive to hot or cold without the negative side-effects of fluoride.

## Weekly

- Reveal 2-part exfoliating scrub
- **Detoxifying mud mask**

*Travel Tip - rather than taking up extra room in my bag with these masks, I always plan to do these the day before I leave for a trip.*

## Mood Setting

For calm mornings, I use one of these EO blends in my diffuser: **Spearmint, Lemon + Rosemary**. Or **Wild Orange, Lemon, Tangerine + Vanilla**.

## Skip Breakfast

I follow intermittent fasting, so no brekkies for me. I break my fast late morning or early afternoon with a smoothie or oat bowl from **Daily Harvest**.

(Which, by the way, you can travel with easily since all you have to do is add hot water).

You can use code “**HAYLEYH**” for \$25 OFF your first order!

Here are some of my favs...

### Oat Bowls:

- Strawberry Goja
- Cinnamon Banana
- Blueberry Lemon

### Flatbreads:

- Tamitello
- Pear Arugula
- Kale Sweet Potato & Tomato Basil

### Smoothies:

- Chocolate Blueberry
- Mint Cacao
- Avocado Greens
- Strawberry Cashew
- Banana Greens

### Scoops:

- Banana Cacao
- Blueberry Lemon





### **Supplements**

I take at least two dozen supplements per day (whah!), focusing on immunity, longevity + energy. Cause I'm the CEO of my health + wellness.

When I'm traveling, I store them in these cute **Cadence Pill Case travel carriers**.



## THESE ARE THE ONES I ORDER

# Each Month

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### 01 **Lifelong Vitality Pack (vegan)**

A vitamin, minerals, and antioxidant pack for optimal health, energy + longevity.

### 02 **Mito2Max**

Improves the performance of mitochondria for energy, stamina + endurance.

### 03 **Turmeric**

Supports optimal cellular function/joint health + fights inflammation/oxidative stress.

### 04 **TerraZyme**

A digestive enzyme supporting healthy digestion + metabolism.

### 05 **PB Assist+**

A pre- and probiotic that supports healthy functioning of the digestive + immune systems.

### 06 **DigestZen**

Improves the performance of mitochondria for energy, stamina + endurance.

### 07 **MetaPWR Assist + essential oil soft gels**

A vitamin, minerals, and antioxidant pack for optimal health, energy + longevity.

### 08 **Yarrow|Pom Capsules**

Improves skin firmness, reduces imperfections + brings a natural glow/radiance.

### 09 **Adaptive Softgels**

Supports mental health and helps manage the effects of everyday tension, anxious feelings, uneasiness + worry.

### 10 **Copaiba Softgels**

Supports the nervous, cardiovascular, immune, digestive, and respiratory systems. Two before bed with the Serenity soft gels are my secret to the best night's sleep.

### 11 **Serenity Softgels**

Promotes healthy relaxation + deep sleep.



### ✓ Daughter Time

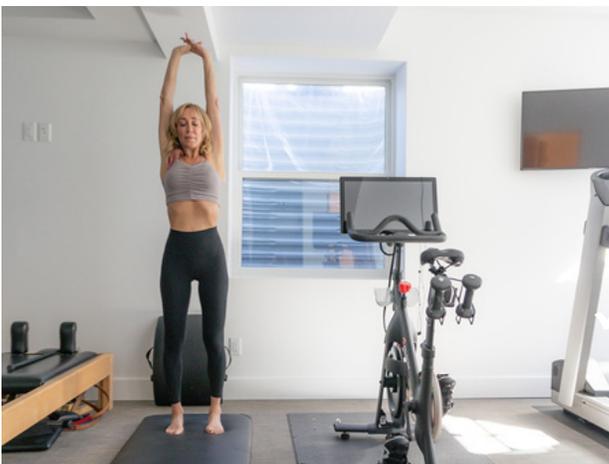
Daily school or summer camp drop-offs are non-negotiable on my calendar when I'm home.



### ✓ AM Beverage

Caffeine? Yes, please. My favs include:

- Classic Americanos.
- Hot spicy cacao lattes with almond milk.
- Spicy iced nitro cold brews.



### ✓ Workout

Always get my sweat on before starting my work day.

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# Morning Workout

## **Classes Over Gyms**

I prefer the accountability (+ fun!) of live classes vs. being on my own.

My favs include:

- F45 (functional 45-min HIIT workout). You can find these everywhere.
- Peloton (most hotel fitness centers have these now).
- Yoga or Pilates (virtual classes always work).
- 20 min in my hotel room or hotel fitness center is always better than no movement!

## **Nothing but Bops**

Music matters more than the workout itself. (That's why my nickname is DJ Spicy Cacao Latte \*wink\*).

Make sure to listen to **this playlist** for some extra workout hype!

## **Longevity Training**

I focus on cardio, strength + muscle lengthening to stay strong, flexible + resilient.

## **Consistency**

I work out at least 6 days a week so I can be at my best mentally, physically + emotionally.

## **Recovery**

**Dry brushing** with **doTERRA's Aromatouch essential oil blend** and **doTERRA Deep Blue oil blend + rub** are my go-tos for workout recovery + relief of muscle/joint aches + pains.

A dry brush and essential oil blend take up minimal space in your travel bag.

## WHAT'S ON THE

# Menu

### INTERMITTENT FASTING (IF)

I follow the 16/8 plan, which is 16 hours of fasting + an 8-hour window to eat. IF boosts longevity because it gives the gut time to clean, detox + rest effectively. It also fights inflammation, improves memory + balances weight. This means I only drink water, coffee, or tea in the mornings and have my first meal around lunchtime.

While this may seem more complicated when you're on-the-go, it's not. Just give yourself a 12-16 hour window between your last meal of the day and your first meal the next day. I promise your digestive system will thank you while you're traveling.

### PLANT-BASED LIFESTYLE

I've been a vegetarian since age 11. I switched to vegan well over a decade ago to proactively address digestive issues I had my entire life (my intestines are "mal-rotated" in my body – literally all twisted up). Plus, a plant-based lifestyle gives me more energy, keeps my weight at a healthy and optimal level + makes me feel good about my impact on the planet.

It's easier than it's ever been to find plant-based food and restaurants wherever you are.

*Travel tip:* Remember, Google is your friend. DoorDash is always an option. And always, always, always pack snacks.

My bag is always stocked with **Prolon Fasting Bars**, a **dark chocolate bar**, and **MetaPWR Satiety Gum**.

You can use code "HAYLEY15" for 15% OFF your Prolon order if ya wanna try my grab-and-go snacks.

## WHAT'S ON THE

# Menu

### FERMENTED FOODS

Super important for a healthy microbiome (the delicate environment inside the digestive tract). The gut acts as the engine for the rest of the body + when too many “bad” bacteria take over, it not only makes you sick, but it actually speeds up the aging process.

Fermented foods help restore + protect the “good” gut bacteria. And impact everything from mental clarity to moods to preventing (even reversing!) major health issues like cancer, heart disease + Alzheimer’s.

My fav fermented foods include:

- Kombucha.
- Kimchi.
- Pickles.
- Vegan yogurt with probiotics.
- Sauerkraut (top this on any salad).

### ADAPTOGENS

This special category of herbs + plants soothes the adrenal glands – which produce stress hormones.

Stress speeds up the aging process and increases the risk of developing life-altering diseases and disorders.

My go-tos are:

- **Turmeric** – supplement form, essential oil form (easiest), or sprinkled as a powder on foods.
- **Ginger** – in smoothies, essential oil form, or a supplement (easiest).
- Reishi mushrooms – made as tea.
- **Mudwtr** – a cacao and mushroom-based coffee alternative.

## WHAT'S ON THE

# Menu

### SWEET TREATS

I'm a sucker for something sweet, but I prefer natural sugars like monkfruit, Stevia, and cacao vs. processed stuff. I also love good dark chocolate **so it's always in my travel bag** (plus it's healthy for you) – and I'll often pair it with fruit like mango or strawberries to get added benefits like improved digestion, boosted immunity + reduced inflammation.

### MEAL DELIVERY

You might be shocked to learn I don't cook. #ormaybenot I do private cheffing that delivers vegan meals to my home in Colorado each week. And it's surprisingly affordable – about as much as a trip to the grocery store to cook each week. When I'm in San Diego, I'm surrounded by healthy plant-based restaurants, juice bars + meal prep/delivery services so I can keep up with my lifestyle easily.

### EATING HEALTHY WHILE TRAVELING

Ugh... I know this can be challenging! Running around and being tempted by airport junk can make it difficult to stay consistent with healthy eating. So, I always make sure to prepare in advance! For me that means that travel days are fasting days or I've got plenty of healthy pre-packaged snacks ready to go.

**Daily Harvest** smoothies are a great “break-the-fast” meal in the mid-morning, you just blend and go! And on bigger trips, I'll bring a Daily Harvest soup with me (all you have to do is add hot water). Or I do a **1-day Reset Prolon Fasting Kit** that provides my bod with the benefits of a prolonged fast while I enjoy a bunch of yummy snacks.

Use code “HAYLEY15” for 15% OFF your 1-day Reset Kit.

# Skin Care + Beauty



## Detoxing

Our bodies are exposed to toxins (inside + outside) every day. Our skin needs daily cleansing to protect us from pathogens + function properly.

My fav detox products include:

- **Detoxifying Mud Mask** – purifies the skin + helps reduce the appearance of oily skin, pores + fine lines.
- **Reveal Facial System** – at-home, 2-part, "spa facial" to cleanse, exfoliate + purify the skin.

## Moisturizing

- **Rose Touch** – balances moisture levels in the skin, reduces the appearance of skin imperfections + promotes a healthy, even skin tone.
- **Veráge® Immortelle Hydrating Serum** – hydrates deeply to reduce the appearance of fine lines/wrinkles + promotes smoother, more youthful-looking skin.
- **Blue Lotus Essential Oil** – This oil derived from water lilies is anti-aging, locks in moisture + hydrates the skin.

## Suncare

That tan you got 20 years ago can show up as spots + cancerous lesions today. Protect + nourish your skin with these healthy mineral- and EO-based that are safer + more effective than those mass-produced OTC ones:

- **doTERRA® Body Mineral Sunscreen Spray**
- **doTERRA® Face + Body Mineral Sunscreen Lotion**
- **doTERRA® Face + Body Mineral Sunscreen Stick**
- **doTERRA® After Sun Restorative Body Spray**

# Skin Care + Beauty

## Lip Products

I mayyyy have a lip products obsession. Some of my faves are:

- [Laneige Lip Mask](#)
- [Summer Fridays Lip Butter Balm](#)
- [Fenty beauty Lip Gloss](#)
- [Rare Beauty Tinted Lip Oil](#)

## Clean Makeup

Your skin is your biggest organ and over 70% of what you put on it is absorbed directly into it. So, reducing chemicals and toxins in your makeup products is extremely important.

Here's a list of the makeup products I use that are free of toxic chemicals.

- Foundation - [Medium Coverage by Ilia](#)
- Concealer - [Liquid Touch by Rare Beauty](#)
- Eyeshadow - [Eyeshadow Palette by Rare Beauty](#)
- Mascara - [Volumizing Mascara by Ilia](#)
- Blush - [Soft Pinch Liquid Blush by Rare Beauty](#)
- Bronzer - [Bronzer Stick by Rare Beauty](#) + [Drunk Elephant Bronzing Drops](#)
- Setting Powder - [Setting Powder by Rare Beauty](#)
- Makeup Remover - [Drunk Elephant Makeup Melting Cleanser](#)



# Skin Care + Beauty

## Anti-Aging

- **Essential Skin Care Kit** – facial cleanser, scrub, pore reducing toner, tightening serum, brightening gel, anti-aging eye cream, anti-aging moisturizer + hydrating cream.
- **Yarrow|Pom Body Renewal Serum** – promotes the appearance of firmer, smoother, younger-looking skin.
- **Drunk Elephant Vitamin-C Serum** – packed with antioxidants, nutrients, and fruit enzymes to visibly firm, brighten, and improve the signs of aging.

## IV Vitamin Therapy

I get monthly vitamin IV drips. These are soooo good for a quick infusion into your body with the vitamins + nutrients ya can't get from your daily diet or supplements. And it really helps my immune system stay 10/10 pre- and post-travel. While I change it up, my go-to “cocktail” of vitamins usually includes:

- Vitamin C.
- All my Vitamin Bs including Pyridoxine (which helps the production of red blood cells).
- Vitamins A, E, K + D.
- Glutathione – prevents chronic illness, slows the aging process + controls inflammation.
- Magnesium – boosts energy + performance, plus is vital for the body to function properly.
- Zinc – for immune health, faster healing + reducing the risk of age-related diseases.



# Evening Routine

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- 01 **Family Time**  
Shut off work between 4–6PM to connect + be present.
- 02 **Dog Walk Time**  
1:1 time with my dog, Xander.  
This is a non-negotiable for me when I'm home.
- 03 **Dry Brushing**  
To improve circulation + cell regeneration.
- 04 **Bubble Bath/Hot Shower**  
With Epsom salt + calming EOs like Lavender or Chamomile.
- 05 **Ice Roller on Face**  
Soothes anxiety, boosts circulation, and reduces puffiness + redness.
- 06 **Skincare Regimen**  
I spend about 5 minutes doing my pre-bedtime skincare – which is the same as my morning routine.
- 07 **Gratitude Journaling**  
Releases swirling thoughts + insomnia.
- 08 **Self-Massage**  
I use a Theragun or a tennis ball to relieve leftover tension.

# Relaxation + Sleep Rituals

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01

## Read

From an actual book. My fav authors RN are Elin Hildebrand, Liane Moriarty, Elizabeth Strout + Sophie Kinsella.

I also love TV! Some of my favs this year have been "[The Last Thing He Told Me](#)" and my daughter just made me watch "[The Summer I Turned Pretty](#)" – so cute!!

02

## PM Meditation

Another 20-min meditation with my BrainTap app + headset.

03

## Progressive Muscle Relaxation

Tense + release specific muscle groups to surrender tension

04

## 10-min Body Scan

Bring your awareness from the bottom of your feet to the top of your head one body part at a time.

05

## 9PM Lights Out

I need at least 8 hours of sleep to be my best each day.

My bedtime checklist includes:

- Earplugs
- [Diffuser with Roman Chamomile, Vetiver, and Serenity Blend](#)
- [2 Serenity Softgels](#)
- [2 Copaiba Softgels](#)
- [Oura ring](#) charged + ready to track my sleep
- Black out blinds closed
- Goodnight!

# Living Your Best Life: Your Whole You Interactive Experience

You just got the inside scoop on all things to Longevity, but integrating these habits + hacks into your life is a whole other story...

Access my interactive **Your Whole You** course and I'll be your BFF reminding you that **you get to create the life you deserve** (and have been dreaming of), every.single.day.

I'll be here to help every step of the way!

[www.hayleyhobson.com/yourwholeyou](http://www.hayleyhobson.com/yourwholeyou)



# The Secret to Staying Young for Life

## A NOTE FROM HAYLEY

- An NAD injection can cost a few hundred dollars and can take 2.5-4 hours to get into the body intravenously.
- The doTERRA version delivers the same kinds of benefits without the expense or long lag time.



## CONNECT WITH HAYLEY



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