



## HAYLEY HOBSON'S LIFESTYLE GUIDE

A BTS look at my daily routine



HAYLEY HOBSON



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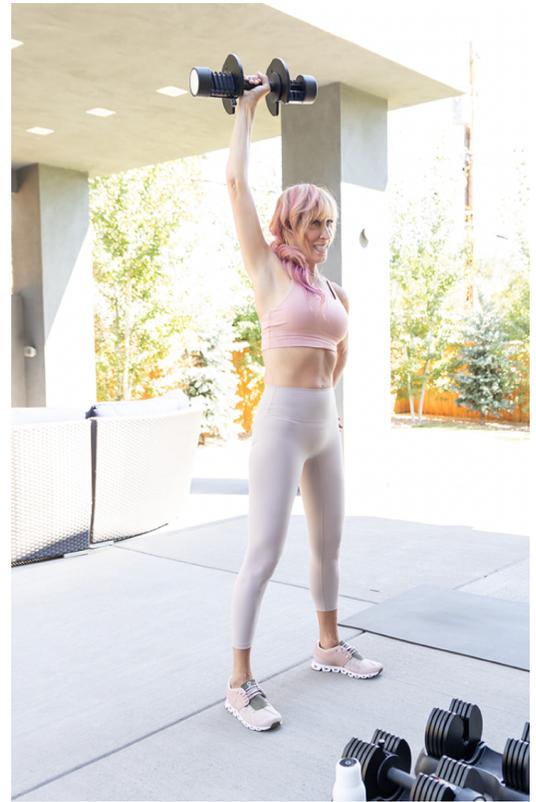
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HEY,

*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.
- Adaptogens.
- Radio, light + sound techniques.
- Anti-aging.
- Biohacks.
- Life, health + biz 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 – and show other people how to do it too.

This guide is a behind-the-scenes look at how I live my life on the daily.

Including the products, techniques, and habits I can't live without...

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

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!



# 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.

## **Meditation**

20 minutes of guided meditation with my [BrainTap headset](#).



# 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.

### Weekly

- Reveal 2-part exfoliating scrub.
- [Detoxifying mud mask](#).

# Morning Routine

## **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 around lunchtime.

## **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.



# 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**  
For digestion support + any mild stomach discomfort.

**07 MetaPWR**  
Aids digestion, promotes detoxification + metabolic rate and helps curb cravings.

**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.

**11 Serenity Softgels**  
Promotes healthy relaxation + sleep.



### ✓ Daughter Time

Daily school or summer camp drop-offs are a non-negotiable on my calendar.



### ✓ 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).
- Peloton.
- Yoga or Pilates.

## **Nothing but Bops**

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

## **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**

doTERRA Deep Blue oil blend + rub are my go-tos for workout recovery + relief of muscle/joint aches + pains.

## 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.

### 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.

### 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.

# WHAT'S ON THE Menu

## 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.

## 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.

## 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 (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.

# Skin Care + Beauty



## 01 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.

## 02 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.

## 03 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

## 04 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.

## 05 IV Vitamin Therapy

I get monthly vitamin drips, which have been shown to absorb better than consuming them internally. 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.



# Skin Care + Beauty

## 06 NAD, NMN + Collagen for Longevity

Don't let all the abbreviations fool ya – these words are gonna be on the lips of everyone in the next few years.

NAD is an enzyme that's responsible for maintaining our most critical biological functions, like immune response, stress response + metabolism. It is also key for metabolizing energy at a cellular level.

So... the more NAD we have, the healthier, stronger + more resilient we are.

As we age, NAD declines – which means aging accelerates. And we experience more aging-related issues like weight gain, cognitive decline, fatigue, vision loss + skyrocketing risk of disease.

But the latest science is showing that we don't have to be resigned to this fate. We can directly impact NAD through biohacks, lifestyle choices + supplementation.

And this is where NMN comes in. NMN is a precursor to NAD.

We can't really impact NAD directly... but we CAN impact NMN. It's involved in the production of NAD within the body and can help to rejuvenate cells + amplify the body's ability to DNA repair. AKA literally prevent age-linked changes in gene expression.



# Skin Care + Beauty

## 06 NAD, NMN + Collagen for Longevity

Is your brain exploding yet? LOL.

Long story short... the latest science is showing that by boosting NMN + NAD production (usually by supplement or IV drip, like I do), premature aging can be reversed.

Combined with other biohacks to improve longevity + resilience against the most common reasons for decline + death (i.e., heart disease, cancer, memory-related issues like Alzheimer's + dementia), humans can potentially live to 150 years old! #notevenkidding

What about collagen? Well, that's another anti-aging secret weapon – one that's a little controversial right now. But I can guarantee you that it's gonna be the thing everyone's talking about. Kind of the way the microbiome and vagus nerve have become in recent years.

The brand new [doTERRA MetaPwr](#) combines all of these longevity secrets into an all-in-one system.



# Skin Care + Beauty

## 06 NAD, NMN + Collagen for Longevity

We all know about collagen injections and topicals (like serums, lotions + creams) but the latest breakthroughs are now showing that ingesting collagen via supplements or powders also has really powerful benefits, such as:

- Delaying the aging process.
- Improving skin moisture, elasticity + hydration.
- Reducing wrinkling + roughness of the skin.
- Strengthening muscles.
- Improving bone density (super important as we age).
- Supporting joint health + flexibility (which means you can move better).

I'm big into staying as healthy and active as possible... for as long as possible. I want to be here to see my daughter grow up, have a family of her own, and be part of their lives too.

That's why I'm majorly into cutting-edge scientific breakthroughs like this... that literally hack human chemistry without resorting to harmful chemicals or injecting fake ingredients into my body. [That's what MetaPwr does!](#)



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# Lean into Opportunities

Did you know an economic recession is the best time to start a biz? 'Cause people are getting scrappy. Innovative. Creative about new ways of making money. And solving problems inventively. Slack, Uber + Venmo all started during the last recession – and I'd say they're doing just fine. LOL.

Right now is YOUR opportunity to turn that idea you've had in the back of your mind into a side hustle or full-on biz. Or take your hobby, passion project, or past experience and turn it into a product, service, or offer you can put online.

Don't wait around for someone to hand you an opportunity. Create your own. Bet on yourself and lean in... you have everything you need right now to get started.

Imperfect action leads to results.

Imagine if you took 1 small step each day... how far will you have come 30 days from now? 90? 1 year? Your life is happening for you right now. So start... or where will you be in 6 months?



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# The Audacity to Be Authentic

Do you hide + play small? Do you dim your shine? Do you tell yourself the “I’m not good enough” story? Or give a zillion reasons why you can’t? Or aren’t “enough”?

The fact is when you boldly and confidently share who you are, what matters to you, and what gifts you have to offer... you’ll naturally attract the exact kind of people you want in your biz.

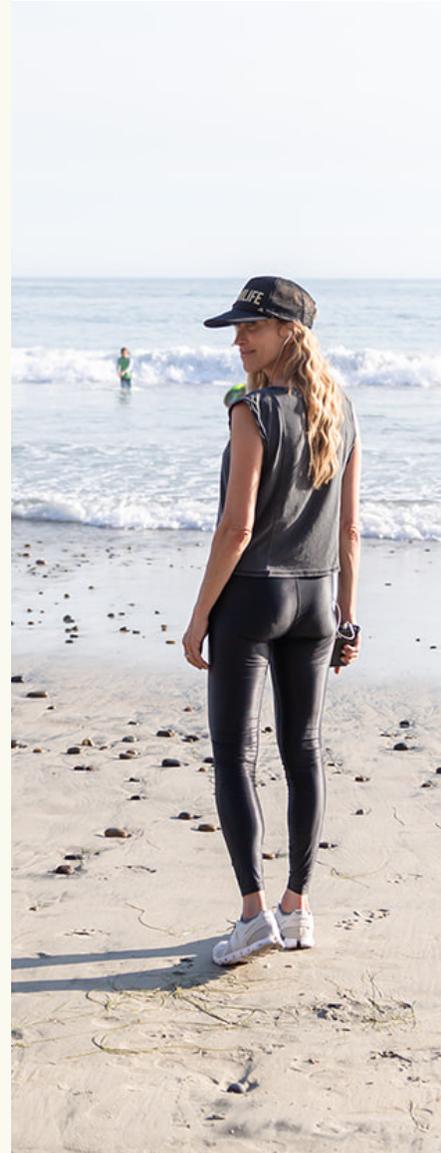
And it starts with knowing yourself. What your values + beliefs are. Why they matter to you. What your biz has to offer + to whom. And, of course, your intention.

When you start your side hustle or biz, it can be tempting to hide behind your product, service, or offer. But this isn’t the right way to make your offer.

As humans, we crave connection. We actively want to connect with others. We buy emotion. We don’t buy “stuff”.

So share your story (messy parts and all). Share what matters to you. Use the power of your personality to build a community + win-win relationships. Be honest + consistently put yourself out there – no apologies.

You ARE enough.



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# Invest in Improvement

I'm a huge believer in self-improvement. Whether that's my anti-aging regimen, working out each day, or investing in my biz. I invest continuously in leveling up myself + my biz through coaching programs, networking + conferences, and mastermind groups. I prefer to be the small fish in a big pond, which is why I pay top dollar to learn from others at the top of their game, who share what goes on behind closed doors in their businesses.

And that's why I want to be part of your process too.

What area of your life do you wish to improve? Your fitness? Your relationships? Your financial + career results? Until you invest in yourself and your own potential, chances are you will stay where you are.

Get a coach. Or join my membership circle [Habit Hackers](#), exclusively for side hustlers, entrepreneurs + creative professionals who want to use my network, resources + knowledge to expand to the next level.

Come get my eyes on your life + biz, plus the ongoing group coaching + support you need to catapult your results. And then just watch what we can do over the course of a year together.



# Work Habits

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## Intentions

I start each day with an intention. Whether that's to be present, practice patience, or be productive AF. It changes daily, weekly, or monthly depending upon the season I'm in or the goals I'm working toward. An intention is the lens through which all ideas, decisions, and actions are filtered. If something doesn't align with the intention, I get to shift my approach until it does or find a new approach entirely.



# Work Habits

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## What's On My Desk



*Holistic wellness products* – I always keep a few of my fav doTERRA items nearby so I can pick them up at random to enhance my mood, relieve stress, or support long focus sessions:

- Adaptiv – for calm + focus.
- doTERRA Deep Blue – I rub into my hands when typing a lot.
- Wild Orange – energizes + lifts mood.
- Citrus Bloom – for calm, focused energy.

*Light ring* – I do a lot of Zoom meetings + social media videos, which means proper lighting is clutch.

*Crystals* – Told ya I'm into woo woo wellness. \*wink\*

- Clear quartz: Supports the energetic system + adds in creativity,
  - Amethyst: For healing + purifying,
  - Citrine: Encourages optimism + creativity
  - Black tourmaline: Super grounding energy
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# Work Habits

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- Planner – [Full Focus Planner from Michael Hyatt](#).
- doTERRA water bottle – I often put a few drops of Wild Orange EO in with my ice eater 'cause I find plain water kinda boring. This flavor is so good it keeps me hydrating all day!



## Other Things On My Desk

- *Headphones – Studio earbuds.*
- *Fresh juice – varies daily.*
- *Cup warmer – for caffeinated bev.*
- *City Lips lip plumping gloss (also love Fenty) – quick touchups for meetings + video shoots.*
- *Diffuser: But I diffuse something different daily, depending on how I feel. Right now my fav is blending Peppermint, Copaiba, Wintergreen + Frankincense which helps me be collectively calm + cool, plus brings a reprieve to the hustle + bustle of everyday life.*

# Work Habits

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## Time Blocking

This is a scheduling technique where I create <2 hour blocks on my calendar based on categories (Work, Personal, Fitness, Errands, Family, etc). I also give myself a 2-3 hour timeblock on my calendar for focus time, such as from 10am-1pm. Time blocking ensures productivity because I get to stay focused on those tasks in that block, before moving on to the next block.

## Productivity Hacks

Hot take: we don't have time problems, we have priority problems. We have distraction problems. And procrastination problems. Eliminate those with these hacks.

- Aromatherapy with InTune – a calming blend you use in a diffuser that promotes focus, productivity + uplifted mood. Other productivity favs are Spearmint, Rosemary, Wild Orange, Patchouli + Frankincense.
- Productivity Planner – I swear by Michael Hyatt's Full Focus Planner

Cozy fits – when I'm comfy, I can get into a flow state much easier. Which means ideas + content just fly right out of me. My fav WFH brands include Vuori, Free People, and Joah Brown. My fav local boutiques are Haven (Boulder, CO) and Sea + Wander (Cardiff, CA). If you happen to drop in, let them know I send ya to you get extra special treatment. \*wink\*

# 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.
  
- 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.

**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.

# 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



Facebook - [hayleyhobsonwholeyou](#)



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