

DISCOVER NATURAL SOLUTIONS

# Signature Scent Blueprint



DIY NATURAL PERFUME RECIPES

Create Your Custom Perfume.  
Ditch the Toxins. Feel Amazing.

[www.discovernaturalsolutions.com](http://www.discovernaturalsolutions.com)





# A Note from Stacy!

Hi, I'm Stacy — a mom of six, a wellness advocate, and a recovering fragrance addict.

For years, I wore designer perfume every day, not realizing it was disrupting my hormones, draining my energy, and throwing off my mood. I just wanted to smell good. But once I learned what synthetic fragrances were doing to my body, I knew I had to make a switch.

That's when I discovered how to create a signature scent using pure, plant-based essential oils. Not only do they smell incredible, but they also support your mood, hormones, and confidence.

This guide will walk you through how to discover your scent personality, build your own custom blend, and feel empowered with every drop. Let's create something that's uniquely you.

💧 No hormone disruptors. Just real, beautiful you.

*Stacy*

# Step 1: Choose Your Scent Vibe

Circle the answers that feel most like you — then we'll blend your perfect match.

## 01 WHEN YOU STEP OUTSIDE, YOUR IDEAL SCENT IS...

- A. Fresh-cut citrus or herbs
- B. Soft blooming flowers
- C. Earthy wood or forest after rain
- D. Warm vanilla, spices, or cozy tea

## 02 IF YOUR IDEAL PERFUME COULD TALK, IT WOULD SAY...

- A. "Let's dance and get things done."
- B. "Let's slow down and feel beautiful."
- C. "Let's ground ourselves and reconnect."
- D. "Let's cuddle up and feel safe."

## 03 YOUR IDEAL SCENT VIBE IS...

- A. Energizing and bright
- B. Romantic and feminine
- C. Calm and centered
- D. Warm and comforting

## 04 💡 TALLY YOUR ANSWERS!

- Mostly A: Citrus & Bright
- Mostly B: Floral & Feminine
- Mostly C: Earthy & Grounded
- Mostly D: Warm & Cozy





# Step 2: Choose Your Oils

Pick 1-2 oils from each (top, middle, base) in your scent family below.

We've marked each oil with:

- (T) = Top Note
- (M) = Middle Note
- (B) = Base Note



## 🍊 Citrus & Bright

Grapefruit (T) Lemongrass (M) Frankincense (B)  
Lime (T) Basil (M) Patchouli (B)  
Wild Orange (T) Lavender (M) Vetiver (B)  
Lemon (T) Spearmint (M) Sandalwood (B)

## 🌸 Floral & Feminine

Bergamot (T) Ylang Ylang (M) Sandalwood (B)  
Neroli (T) Geranium (M) Vanilla (B)  
Palmarosa (T) Jasmine (M) Myrrh (B)

## 🌲 Earthy & Grounded

Fir (T) Rosemary (M) Cedarwood (B)  
Pine (T) Tea Tree (M) Vetiver (B)  
Juniper Berry (T) Patchouli (M) Frankincense (B)

## 🕯️ Warm & Cozy

Vanilla (T) Cinnamon (M) Sandalwood (B)  
Bergamot (T) Cardamom (M) Clove (B)  
Blood Orange (T) Ginger (M) Myrrh (B)



# Step 3: Build Your Signature Blend

Use this template to mix and match your oils:

TYPE	OILS CHOSEN	# DROPS
Top Note		
Middle Note		
Base Note		

## Total Drops (15-20)

- ☐ Add to a 10 ml roller bottle
- ☐ Top off with Fractionated Coconut Oil

*Pick a word that describes how you want to feel or who you want to be. Confident? Radiant? Peaceful? Use that as your scent name!*

**Name Your Signature Scent:** \_\_\_\_\_

**Bonus:** Share your name + recipe on Instagram and tag @DiscoverNaturalSolutions



# Essential Oil Suggestions by Vibe

## VIBE

## OILS TO TRY

### Citrus & Bright

✓ Grapefruit, Lime, Lemon, Wild Orange, Bergamot

### Floral & Feminine

✓ Lavender, Geranium, Jasmine, Ylang Ylang, Neroli

### Earthy & Grounded

✓ Cedarwood, Frankincense, Vetiver, Patchouli, Myrrh

### Warm & Cozy

✓ Vanilla, Hawaiian Sandalwood, Whisper, Clove, Cardamom

### Top, Middle, and Base Notes Explained

- Top Notes: These are the first scents you smell. They're light, fresh, and fade quickly. (Think citrus + mint)
- Middle Notes: These are the heart of your perfume. They give it character and balance. (Think floral + herb)
- Base Notes: These linger the longest. They're rich, grounding, and help the scent last. (Think wood + resin)

A great blend = 1-2 top notes, 1-2 middle notes, and 1 base note.



# Stacy's Signature Scents

## Pretty Woman (Roller Blend)

**10 drops Bergamot**

**6 drops Grapefruit**

**4 drops Ylang Ylang**

Top with Fractionated Coconut Oil in a 10ml roller bottle.

*Bright, playful, and feminine.*

## Summer Delight (Roller Blend)

**15 drops Vanilla**

**10 drops Hawaiian Sandalwood**

**5 drops Clary Sage**

Top with FCO in a 10ml roller bottle.

*Warm, cozy, and confident.*

## Lovely Lavender (Roller Blend)

**8 drops Lavender**

**8 drops Vanilla**

**4 drops Ylang Ylang**

Top with FCO in a 10ml roller bottle.

*Soft, calming, and sweetly floral.*

## Uplifting Perfume Roller

**10 drops Lime**

**10 drops Wild Orange**

**10 drops Clementine**

Top with FCO in a 10ml roller bottle.

*Zesty, fresh, and energizing.*

## Summer Perfume (Roller Blend)

**7 drops Hawaiian Sandalwood**

**4 drops Ylang Ylang**

**5 drops Madagascar Vanilla**

**4 drops Grapefruit**

Top with FCO in a 10ml roller bottle.

*Romantic with a splash of citrus.*

## Sexy Citrus Perfume Spray

**15 drops Whisper**

**8 drops Grapefruit**

**15 ml Fractionated Coconut Oil**

**15 ml Witch Hazel**

Add all to a 30ml glass spray bottle and shake gently.

*Bright, alluring, and feminine.*

### 🌿 Enhance Perfume Blend (Spray)

**8 drops Sandalwood**

**2 drops Wild Orange**

**2 drops Patchouli**

**1 drop Ylang Ylang**

**15 ml FCO**

**15 ml Witch Hazel**

Add all to a 30ml spray bottle and shake well.

*Deep, woody, and empowering.*

### 🌸 Floral Perfume Spray

**10 drops Whisper**

**10 drops Citrus Bliss**

**10 drops Lemon**

**5 drops Ylang Ylang**

**1 tbsp Witch Hazel**

**¼ cup Water**

Add to a fine-mist spray bottle. Shake before use.

*Floral with a fresh citrus twist.*

### 🌟 Hair Perfume Mist

**½ cup Rose Water**

**5 drops Madagascar Vanilla**

**5 drops Ylang Ylang**

**4 drops Rosemary**

**5 drops Sandalwood**

**3 drops Lavender**

**4 drops Grapefruit**

Add to a fine-mist glass spray bottle.

Shake before each use.

*Light, floral, and fresh. Note: Citrus oils may cause lightening in sun.*

### 🕯️ Citrus Dream Solid Perfume

**2 tbsp Beeswax**

**2 tbsp FCO**

**10 drops Wild Orange**

**5 drops Clementine**

**5 drops Lemon**

**5 drops Grapefruit**

Melt wax + oil in a double boiler. Cool slightly, stir in oils, pour into small tins or jars.

*Bright, tropical, and long-lasting.*





# Ready to make your own signature scents?

Whether you want to customize your own blend or start with one of our beautifully curated collections, you'll have everything you need to begin your toxin-free perfume journey.

## 1 Option 1: Customize Your Scent

Create your own signature blend using our full essential oil collection.

→ Shop now & save 25% with your exclusive promo code.

25% off



**SHOP NOW**

## 2 Option 2: Choose a curated collection

Simply select the collection that speaks to you, and begin creating your signature scents with confidence.

# CURATED PERFUME

## DIY starter bundles



\$135

### Feminine Bloom DIY

*Soft. Feminine. Romantic.*

- 3 DROPS BERGAMOT
- 2 DROPS YLANG YLANG
- 2 DROPS LAVENDER
- TOP WITH FRACTIONATED COCONUT OIL (10 ML ROLLER)

#### Oil Benefits:

**Ylang Ylang:** hormone balance; heart health; stress reduction; hair & scalp; emotional calming

**Bergamot:** mood elevation; stress support; skin clarity; immune support; digestion

**Lavender:** sleep; skin soothing; calming; head tension; burns & cuts

**MAKES APPROX. 20 ROLLER BOTTLES**

**BUY NOW  
25%OFF**



\$119

### Citrus Sunrise DIY

*Bright. Fresh. Energizing.*

- 3 DROPS WILD ORANGE
- 2 DROPS LEMON
- 2 DROPS BERGAMOT
- 1 DROP CITRUS BLOOM
- TOP WITH FRACTIONATED COCONUT OIL (10 ML ROLLER)

#### Oil Benefits:

**Citrus Bloom:** emotional uplift; hormone balance; relaxation; natural floral-citrus aroma

**Bergamot:** mood elevation; stress support; immune boost; skin clarity

**Lemon: detox:** immune boost; air purification; cleaning

**Wild Orange:** mood & energy; digestion; immune support; air purification

**MAKES APPROX. 20 ROLLER BOTTLES**

**BUY NOW  
25%OFF**



# CURATED PERFUME

## DIY starter bundles

\$156



### Harmony Woods DIY

*Calm. Balanced. Grounding.*

- 3 DROPS CEDARWOOD
- 2 DROPS LAVENDER
- 2 DROPS BALANCE
- 1 DROP VETIVER TOUCH
- TOP WITH FRACTIONATED COCONUT OIL (10 ML ROLLER)

#### Oil Benefits:

**Balance:** grounding; emotional centering; nervous system support; mood stability

**Vetiver:** deep sleep; focus & concentration; emotional calming; nervous system balance

**Cedarwood:** respiratory support; sleep; skin clarity; calming

**Lavender:** sleep; skin soothing; calming; head tension; burns & cuts

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25%OFF**



\$167

### Cozy Luxe DIY

*Warm. Sweet. Comforting.*

- 3 DROPS VANILLA
- 2 DROPS FRANKINCENSE
- 1 DROP WILD ORANGE
- 1 DROP CEDARWOOD
- TOP WITH FRACTIONATED COCONUT OIL (10 ML ROLLER)

#### Oil Benefits:

**Vanilla:** mood; relaxation; reduced stress; gentle aroma

**Frankincense:** immune support; inflammation; skin health; cellular repair; brain & mood

**Wild Orange:** mood & energy; digestion; immune support; air purification

**Cedarwood:** respiratory support; sleep; skin clarity; calming

**MAKES APPROX. 20 ROLLER BOTTLES**

**BUY NOW  
25%OFF**

# The Hidden Dangers of Traditional Perfume

- Synthetic Fragrance: contains hundreds of hidden chemicals
- Phthalates: disrupt hormones
- Parabens: interfere with endocrine system
- Neurotoxins: affect mood, anxiety, focus
- Linked to: allergies, fatigue, headaches, skin irritation.



## The Power of Natural Perfume

- Plant-Based & Non-Toxic
- Supports Mood, Hormones & Energy
- No Hidden Chemicals
- Safe for Kids & Pregnancy
- Personalized Blends for You

*Over 3,000 chemicals can legally hide under "fragrance" on a label. (EWG)*





# Not All Essential Oils Are Equal

FEATURE	doTERRA	STORE BRANDS
Purity	Certified Pure Tested Grade (CPTG)	Unregulated
Testing	50+ tests per batch	Rare or None
Synthetic Fillers	None	Often Present
Sourcing	Direct from growers	Unknown Sources
Transparency	Full batch traceability	Rare Transparency

*Purity matters when you're applying it to  
your body and breathing it daily.*

# Additional Popular Oils

OIL	TOP USES
Peppermint	head tension; energy; digestion; cooling
DigestZen	digestion; nausea; bloating; stomach upset
Deep Blue	joint pain; tension; inflammation
Tea Tree	skin; cleansing; immune support
On Guard	immunity; respiratory; seasonal threats
Breathe	respiratory; sinus; breathing support
Copaiba	inflammation; pain; mood; skin; nervous system relief
Adaptiv	stress; anxiety; mood stability
Serenity	sleep; relax; calm mood
MetaPWR	metabolism; blood sugar; energy; weight management

# Let's Get Started!

*There's something powerful about scent. It connects us to who we are—and who we're becoming.*

For years, I wore perfumes I loved—until I realized they were quietly working against my hormones, energy, and health.

Switching to essential oils wasn't just about smelling better. It was about taking ownership of my wellness—one small shift at a time.

This is your starting point. A simple way to create something beautiful for your body and your life.

If you're ready to explore what's possible with a like-minded community of women, **I'd love to invite you into my private Wellness Collective.**

**[CLICK HERE TO JOIN US.](#)**

XO, *Stacy*





## BONUS RECIPES: EACH MAKES 20+ BOTTLES



### Summer Bliss

10 drops Bergamot  
10 drops Lavender  
10 drops Peppermint  
10 drops Pink Pepper  
Top up with 10mL FCO

\$121

### Fresh Bloom

2 drops Balance  
3 drops Wild Orange  
1 drop Ylang Ylang  
Top up with 10mL FCO

\$96



### Calm & Grounded

1 drop Vetiver  
2 drops Cedarwood  
2 drops Lavender  
Top up with 10mL FCO

\$111



## RECOMMENDED

*perfume  
scents*



### Sweet Evening

3 drops Serenity  
1 drop Patchouli  
1 drop Vanilla  
Top up with 10mL FCO

\$115

### Feminine Glow

3 drops Lavender  
2 drops Bergamot  
2 drops Vanilla  
1 drop Wild Orange  
Top up with 10mL FCO

\$125

