



STACY PAULSEN

Essential Oils

GUIDEBOOK

**SIMPLE
EVERYDAY
RECIPES &
RITUALS
THAT
ACTUALLY
WORK**

A STEP-BY-STEP GUIDE FOR ENERGY,
STRESS RELIEF, AND A HEALTHY HOME

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Welcome

**A SIMPLE,
DOABLE WAY
TO START
USING OILS
TODAY**

WELCOME!

Hi, I'm Stacy. Years ago, I felt like my energy was tanking, my stress was high, and my family was constantly running on empty. I wanted natural answers that didn't feel complicated or extreme — just simple things I could actually use every day.

That's why I started using essential oils. And honestly? I was surprised at how quickly they made a difference — in my mood, my focus, my family's health, even the way my home felt.

This guide will give you the **top 10 oils + simple routines** you can start today. My goal: help you feel more energized, more at ease, and more confident that you can actually do this.

Your 2-Minute Morning Ritual (Try This Today!)

- **Step 1:** Add 1 drop of Lemon oil to your water (refreshing + supports digestion).
- **Step 2:** Start a diffuser blend (Lemon + Peppermint = instant wake-up).
- **Step 3:** Put 1 drop of Frankincense on the back of your neck or over your heart (calm + focus).

That's it. Three oils, two minutes, and you'll feel a difference right away.

👉 *Tip: If you don't have these oils yet, this is part of the Starter Kit I recommend later in this guide.*

THE Top Oils

MADE SIMPLE

Your everyday toolkit
for energy, sleep,
stress, and family
health.

YOUR EVERYDAY OILS TOOLKIT

There are hundreds of essential oils, but you don't need to know them all. These 13 cover 80% of daily needs — from sleep and stress to skin, energy, digestion, and immune support.

Each one has dozens of uses, but here are **3 simple ways** you can start right now.

Lavender – Calm & Rest

- Diffuse at bedtime for deep, restful sleep.
- Apply with carrier oil to soothe skin.
- Roll on temples or wrists when you feel tense.

Peppermint – Energy & Focus

- Inhale from your palms for an instant pick-me-up.
- Add 1 drop to water before a workout.
- Diffuse mid-afternoon to power through your to-do list.

Deep Blue – Soothe Muscles & Joints

- Massage into sore muscles after exercise.
- Rub on lower back after sitting or working long hours.
- Use pre- or post-workout for muscle recovery.

Frankincense – The “King of Oils”

- Apply to fine lines and blemishes (skin glow).
- Place 1 drop on the back of your neck for calm focus.
- Diffuse during prayer or meditation.

Tea Tree – Skin & Immune Support

- Dab on blemishes to reduce the look of spots.
- Add to DIY cleaning spray for extra cleansing power.
- Apply to nails for a clean, healthy appearance.

Lemon – Cleanse & Uplift

- Add to morning water (refreshing, supports digestion).
- Diffuse with Peppermint for clean, focused energy.
- Use with water + vinegar for a natural surface cleaner.

FEWER PRODUCTS LESS CLUTTER

Tea Tree oil replaces multiple items in your cabinet – blemish cream, nail antifungal, even a household disinfectant. One oil, many uses = simpler + safer home.

Breathe – Clear Breathing

- Diffuse at night to promote clear airways.
- Rub on chest before exercise or outdoor activity.
- Inhale deeply to feel open and refreshed.

DigestZen – Tummy Support

- Rub on stomach after a heavy meal.
- Add a drop to warm water or tea for digestive comfort.
- Diffuse after large meals for a soothing environment.

On Guard – Immune Defense

- Diffuse in fall/winter to cleanse the air.
- Add to hot tea with honey for seasonal wellness.
- Mix into DIY hand spray for on-the-go support.

Copaiba – Calm & Whole-Body Balance

- Place 1 drop under the tongue daily for whole-body and nervous system support.
- Massage into muscles or joints with carrier oil for pain relief.
- Diffuse with Frankincense for deep relaxation and grounding.

Adaptiv – Calm & Emotional Resilience

- Apply to wrists, back of neck, or over the heart when feeling stressed.
- Diffuse during the day for a calm, focused environment.
- Keep a roller in your bag for on-the-go anxious moments.



Pro Tip: These oils are included in the **Essential Foundations Kit, which also comes with the supplements I take daily and a FREE diffuser**. This way, you have the best of both worlds: **fast wins from oils + lasting results from nutrition.**



(See details at the end of this guide.)

The background of the page is a photograph of two amber glass essential oil bottles with black spray nozzles, resting on a dark wooden surface. Some green leaves are scattered around the bottles. The text is overlaid on this image.

EVERYDAY *Recipes* YOU'LL ACTUALLY USE

If you've ever wondered why some oils work better for some people, don't miss the free Essential Oil Secrets Masterclass – it connects everything you're learning here.

YOUR GO-TO RECIPES & BLENDS

DIFFUSER BLENDS FOR ALL AGES & STAGES

Essential oils aren't just bottles on a shelf — they're simple tools you can use to make your home smell amazing, calm your family, boost your mood, and replace toxic products.

Here are some of my favorite, easy blends that work *every day*.

Morning Energy Boost

- 2 drops Peppermint
- 2 drops Lemon
- 1 drop Frankincense

Stress Less

- 2 drops Lavender
- 2 drops Frankincense
- 1 drop DigestZen (yes, diffused — calming, grounding & often overlooked!)

Work / Homework Focus

- 2 drops Wild Orange (or Lemon)
- 2 drops Peppermint
- 1 drop Frankincense

Immune Defense

- 2 drops On Guard
- 2 drops Lemon
- 1 drop Tea Tree

Sweet Sleep

- 3 drops Lavender
- 2 drops Serenity
- 1 drop Breathe

DITCH THE PLUG-INS & CANDLES

**MOST CANDLES AND
PLUG-IN AIR
FRESHENERS RELEASE
HIDDEN TOXINS.**

**WITH OILS, YOU GET
THE FRESH, SEASONAL
SCENTS YOU LOVE –
WITHOUT THE
CHEMICALS. AND IT
COSTS PENNIES PER
USE!**

NATURAL ROOM SPRAYS

Fill 4 oz glass spray bottle with water + 1 tsp witch hazel or vodka to emulsify oils. >>> Great for gifts!

SAVE BIG WITH DIY SPRAYS

One 15 mL bottle of Lemon oil has about 250 drops – enough to make 40 bottles of all-purpose spray. That's less than \$1 each compared to \$7+ store-bought cleaners. Healthier home, \$\$ saved!

Uplift & Glow (Any Room)

- 3 drops Lemon
- 2 drops Frankincense
- 1 drop Peppermint

Fresh & Clean (all-purpose spray)

- 10 drops Lemon
- 8 drops Tea Tree
- 4 drops Peppermint

Fall Spice

- 6 drops On Guard
- 4 drops Wild Orange (or Tangerine)
- 2 drops Cinnamon

Sleepy Time Mist (Bedroom)

- 3 drops Lavender
- 2 drops Breathe
- 2 drops Frankincense

Clear the Air Car Spray

- 3 drops Peppermint (alertness, keeps you awake)
- 3 drops Wild Orange (uplifting, reduces road stress)
- 2 drops Purify (odor neutralizer – swap for Lemon + Tea Tree if not on hand)
- 2 drops Lavender (calm nerves in traffic)
- 1 tsp witch hazel or vodka (emulsifier)
- Fill rest with distilled water

Shake before each use. Spray lightly onto car mats or into the air (avoid leather or direct electronics).

DIY NATURAL PERFUME

ROLLERS

Mix each into a 10 mL roller bottle, top with fractionated coconut oil, apply to wrists/neck.

Confidence Blend

- 4 drops Frankincense
- 3 drops Bergamot (or Lemon)
- 2 drops Lavender

Feminine Glow

- 3 drops Frankincense
- 3 drops Geranium
- 2 drops Wild Orange

Calm & Collected

- 4 drops Adaptive
- 3 drops Lavender
- 2 drops Copaiba

Fresh Vibes (Teen/Young Adult)

- 3 drops Wild Orange
- 3 drops Peppermint/Spearmint
- 2 drops Lavender

Gentle and grounding, helps kids feel safe, calm, and confident.

Grounded Strength (Men's Cologne)

- 4 drops Cedarwood
- 3 drops Frankincense
- 2 drops Bergamot

Woodsy, confident, with a hint of citrus lift.

Brave & Calm (Kids' Roller)

- 3 drops Lavender
- 3 drops Frankincense
- 2 drops Balance

Gentle and grounding, helps kids feel safe, calm, and confident.



Pro Tip: Most of these blends use oils from the **Essential Foundations Kit**, plus the foundational wellness products that help your body feel even better from the inside out.



(See details at the end of this guide.)

OILS FOR YOUR *Goals* CHOOSE YOUR PATH

And see how oils support
your biggest priority.

ENERGY & FOCUS

If low energy or brain fog is dragging you down, these oils and products give your body a natural lift — without the crash.

FEEL MORE
ENERGIZED
(WITHOUT
ANOTHER CUP
OF COFFEE)

Oils & How to Use:

- **Peppermint** – Inhale for an instant “wake up.”
- **Lemon** – Add to morning water for gentle cleansing.
- **Frankincense** – Apply to temples for focus.

Bonus Support:

- **MetaPWR Advantage** – Collagen + NMN for long-term cellular energy.
- **MetaPWR Recharge** – Electrolytes to hydrate + sustain energy all day.

Quick Recipe:

👉 *Diffuser blend for Morning Energy:*

2 Peppermint + 2 Lemon + 1 Frankincense.



***Want all of these oils + daily energy support in one place?
See the Glow & Go Bundle at the end of this guide.***

STRESS, ANXIETY & OVERWHELM

Life is busy. Oils are a simple way to calm your nervous system and reset in the middle of chaos.

FIND YOUR
CALM,
ANYTIME YOU
NEED IT

Oils & How to Use:

- **Lavender** – Diffuse at night to unwind.
- **Adaptiv** – Apply to wrists during stressful moments.
- **Copaiba** – Place a drop under tongue or massage into shoulders.

Bonus Support:

- **Adaptiv Capsules** – Natural support to calm anxious feelings.
- **PB Restore** – A healthy gut = a calmer mind (science-backed connection).

Quick Recipe:

☞ *Roller blend for Calm Focus:*

4 Adaptiv + 3 Lavender + 2 Copaiba
(fill with carrier oil in 10 mL roller)



💡 *Did you know? The oils you're using are powerful — but how your body responds depends on more than just the oils themselves.*

SLEEP STRUGGLES

Good sleep is the foundation of energy, focus, and resilience. Oils can help your body shift into “rest mode” naturally.

**SLEEP BETTER,
WAKE RESTED**

Oils & How to Use:

- **Lavender** – Diffuse beside your bed nightly.
- **Serenity Blend** – Massage onto bottoms of feet or diffuse at bedtime.
- **Breathe** – Rub on chest or diffuse to support clear breathing.

Bonus Support:

- **Serenity Softgels** – Promote restful sleep without grogginess.
- **MetaPWR Advantage** – Supports deeper sleep cycles through cellular health.

Quick Recipe:

👉 *Diffuser blend for Deep Sleep:*

3 Lavender + 2 Serenity + 1 Breathe



In my free Essential Oil Secrets Masterclass, I explain why some people get results faster than others – and the simple steps to unlock your body’s full potential for calm, energy, and balance.

HORMONES & AGING

**BALANCE
YOUR BODY,
REGAIN YOUR
CONFIDENCE**

Your hormones affect everything — mood, energy, sleep, even how your skin looks. If you've been feeling “off” (PMS, perimenopause, thyroid ups and downs), oils can help bring things back into balance — naturally and gently.

Oils & How to Use:

- **Frankincense** – Apply to chest/neck for hormone + skin support.
- **Clary Calm** – Roll on abdomen during monthly cycles.
- **Adaptiv** – Diffuse or roll on when emotions feel unpredictable.

Bonus Support:

- **Glō Up Serum** – Natural skin + hormone support.
- **MetaPWR Advantage** – Collagen + NMN to support graceful aging from the inside out.

Quick Recipe:

👉 *Hormone Harmony Roller:*

4 Clary Calm + 3 Frankincense + 2 Lavender.

Fill with carrier oil in 10 mL roller.



These oils are included in the Starter Bundle — and when you add MetaPWR Advantage, you've got my favorite daily combo for hormone balance and healthy aging.

METABOLISM & WEIGHT

FEEL **LIGHTER**, MORE **ENERGIZED**, AND **CONFIDENT** IN YOUR BODY

We've all had moments of feeling sluggish, like our metabolism has hit the brakes. It's frustrating when your clothes fit differently, your energy dips in the afternoon, or your body doesn't respond the way it used to. You're not alone — and you don't have to stay stuck there.

Oils/Bonus Support & How to Use:

- **MetaPWR Metabolic Blend** – helps curb cravings and supports balanced blood sugar.
- **Lemon** – daily detox and gentle metabolism boost (add to water).
- **Peppermint** – uplifts mood and reduces fatigue, a common trigger for snacking.
- **MetaPWR Advantage** - Supports metabolism + healthy blood sugar.

Quick Start Ritual

Morning: 1–2 drops Lemon in your water.

Midday: MetaPWR beadlet or gum before meals to help manage cravings.

Evening: MetaPWR Advantage drink for cellular support and steady energy.



If weight & metabolism is your #1 goal, think of this as fuel efficiency for your body. These habits help you burn cleaner, recover faster, and show up at your best.

SKIN & BEAUTY

Healthy, glowing skin isn't about more makeup — it's about nourishing your body and reducing toxins. Oils are a natural way to care for your skin, hair, and aging concerns.

GLOW NATURALLY, INSIDE AND OUT

Oils & How to Use:

- **Frankincense** – Apply directly to fine lines + blemishes.
- **Tea Tree** – Spot treatment for blemishes.
- **Lavender** – Soothe skin irritation or sun-kissed skin.

Bonus Support:

- **Glow Serum** – My go-to daily skin support.
- **MetaPWR Advantage** – Collagen + NMN for radiant skin and joints.

Quick Recipe:

👉 *Glō Up Serum*

See Recipe Below



Watch it free: Essential Oil Secrets: Why They Work (for Some People and Not Others) 👉 eosecrets.com/masterclass

Glō Up SERUM

CALM, RADIANCE, AND EVERYDAY CONFIDENCE

When my skin felt dull and tired, I wanted something simple but powerful — not another 10-step routine. This Glō Up Serum became my go-to. It's made with three of my favorite oils, blended into nourishing carrier oils. I use it daily for calm, hydrated skin that feels balanced and alive.

Why It Works:

Frankincense – evens tone, reduces appearance of fine lines.

Copaiba – calms redness & irritation, supports skin's natural healing.

Blue Tansy – antioxidant power + glow factor.

Carrier oils – hydrate, support elasticity, and repair the skin barrier.



This is the exact serum I use every night — now you can too. Simple, safe, and effective.



Quick Recipe: Glō Up Serum

Base:

1 oz carrier (1/3 castor, 1/3 argan, 1/3 rosehip)

Essential Oil:

- 10 drops **Frankincense**
- 10 drops **Copaiba**
- 2 drop **Blue Tansy**

✋ Mix in 1 oz glass dropper bottle. Apply 2–4 drops to clean, damp skin.

PAIN & INFLAMMATION

Sore muscles, stiff joints, or daily aches can hold you back. Oils work with your body's natural processes to soothe discomfort so you can stay active and do the things you love

**EASE
DISCOMFORT,
MOVE FREELY
AGAIN**

Oils & How to Use:

- **Deep Blue** – Massage into sore muscles or joints.
- **Copaiba** – Apply topically or place a drop under tongue daily for inflammation and nerve support.
- **Frankincense** – Add for cellular repair.

Bonus Support:

- **Turmeric Dual Caps** – Clinically studied for healthy inflammation response.
- **MetaPWR Advantage** – Collagen for joints, cellular repair + recovery.

Quick Recipe:

👉 *Soothing Muscle Blend:*

5 Deep Blue + 3 Copaiba + 2 Lavender in a 10 mL roller.

Apply after exercise or at night.



Deep Blue and Copaiba are essentials in the Starter Kit – add Turmeric and MetaPWR for next-level daily recovery.

BRAIN FOG & FOCUS

CLEAR THE FOG, FIND YOUR FOCUS

If you've been forgetting things, losing focus, or just feeling "off," oils can give your mind the clarity it's been missing.

Oils & How to Use:

- **Peppermint** – Inhale for instant alertness.
- **Frankincense** – Apply daily for cellular + brain support.
- **Lemon** – Diffuse while working to boost concentration.

Bonus Support:

- **Mito2Max** – Natural plant-based energy + mental stamina.
- **PB Restore** – Gut health supports brain health (gut-brain connection).

Quick Recipe:

👉 *Focus Diffuser Blend:*

2 Lemon + 2 Peppermint + 1 Frankincense



The oils for mental clarity are all part of the Starter Kit – and pairing them with Mito2Max makes focus sustainable, not just short-lived.

IMMUNE RESILIENCE

Between seasonal threats and daily exposures, your immune system is working hard every day. Oils give your body a safe, effective boost to stay resilient.

STRENGTHEN YOUR BODY'S NATURAL DEFENSES

Oils & How to Use:

- **On Guard** – Diffuse in the home for daily immune support.
- **Tea Tree** – Apply to skin + nails for protective cleansing.
- **Frankincense** – Drop under tongue for cellular immunity.

Bonus Support:

- **On Guard Softgels** – Immune support you can take daily.
- **VMG + EO Mega** – Foundational nutrients to keep your body strong.

Quick Recipe:

👉 *Immune Spray On-the-Go:*

6 On Guard + 4 Lemon + 2 Tea Tree in
2 oz spray bottle with water.



The immune oils you need are in the Starter Kit – add On Guard softgels and VMG for a complete daily defense plan.

DIGESTIVE RESET

From bloating to sluggish digestion, oils make gut health simple — without harsh cleanses.

**SOOTHE
YOUR
STOMACH,
RESET YOUR
GUT**

Oils & How to Use:

- **DigestZen** – Roll on stomach after meals.
- **Lemon** – Add to water in the morning.
- **Peppermint** – Use before travel to calm stomach.

Bonus Support:

- **PB Restore** – Probiotics to reset gut flora.
- **TerraZyme** – Enzyme support for better digestion.

Quick Recipe:

☞ *Tummy Tea:*

1 drop Lemon + 1 drop Peppermint in warm water.



These oils are already in the Starter Kit — and pairing them with PB Restore + TerraZyme makes gut support effortless.

FAMILY & HOME WELLNESS

Your home should feel like a safe haven, not a source of hidden toxins. From cleaning sprays to plug-in air fresheners, so many “everyday” products contain chemicals that can affect your family’s health, mood, and even focus.

A HEALTHY, HAPPY HOME WITHOUT THE TOXINS

With essential oils, you can create a home that smells amazing, feels peaceful, and supports your kids (and pets!) – without the toxic load.

Oils & How to Use:

- **On Guard** – Add to DIY cleaner or diffuse for immune support.
- **Lemon** – Natural degreaser, freshens the air instantly.
- **Lavender** – Calming support for kids’ bedtime or anxious pets.
- **Breathe** – Diffuse at night to keep airways clear.
- **Tea Tree** – Use in cleaning sprays + for kids’ cuts and scrapes.

Quick Recipe:

- **Kid-Safe Bedtime Diffuser Blend:** 2 Lavender + 1 Breathe.
- **DIY Non-Toxic All-Purpose Spray:** 10 Lemon + 10 On Guard + water in 16 oz spray bottle.
- **Pet-Calm Room Spray:** 6 Lavender + 4 Frankincense in 4 oz spray bottle with water.



Most of these oils are included in the Essential Foundations Kit – plus you’ll get a free diffuser, so your whole home smells fresh without chemicals.

A STRONG *Wellness* FOUNDATION MADE SIMPLE

A collection of natural wellness products is arranged on a textured, light brown surface. In the upper right, a clear glass dropper bottle with a black cap contains a yellowish liquid. Below it, a wooden spoon holds a mound of white, crystalline salt. To the left of the spoon, two glass jars with white lids are open, revealing a thick, white cream. A vibrant green, feathery leaf rests on the surface near the jars. In the bottom right corner, a piece of light-colored, textured fabric or paper is visible.

Oils are powerful, but they work best on a healthy foundation.

MOST PEOPLE

THINK **ESSENTIAL OILS** JUST SMELL NICE
OR *HELP WITH STRESS AND SLEEP.*

BUT THE **REAL SECRET:**
ESSENTIAL OILS
ACTUALLY *HELP YOUR*
BODY **WORK BETTER**
FROM THE INSIDE OUT.

Studies show **essential oils** like lemongrass, peppermint, ginger, lavender, and wild orange can **boost nutrient absorption by up to 6x.**



ESSENTIAL OILS
TURN ON THE PATHWAYS



NUTRIENTS
FUEL THE PATHWAYS

ONLY TWO THINGS EVER GO WRONG

WHEN HEALTH FEELS COMPLICATED, IT'S USUALLY SIMPLE:

1 TOO MUCH OF THE WRONG THINGS:
TOXINS, STRESS, PROCESSED FOOD, WORRY.

2 NOT ENOUGH OF THE RIGHT THINGS:
NUTRIENTS, REST, MOVEMENT, PEACE.

Your **body is designed** to stay **in balance** to **heal, digest, and renew**.

When that balance slips, symptoms appear.

Essential oils help restore it.

They open pathways for digestion, support detox, calm stress, and bring your body back into alignment.

THE WELLNESS PYRAMID: YOUR SIMPLE ROADMAP

Your health isn't random — it's built layer by layer, like a pyramid. Each layer strengthens the next, and essential oils can support every part of it.

1. NUTRITION & DIGESTION:

- Fuel your body with real food and hydration.
- Add a **drop of Lemon or Wild Orange** to your water to support **gentle detox and absorption**.

2. MOVEMENT & METABOLISM:

- Move your body daily to boost energy and mood.
- **Apply Peppermint or Deep Blue** before a walk for **energy & joint support**.

3. REST & STRESS:

- Let your body recover fully each day.
- Apply or **diffuse Lavender or Serenity** before **bedtime**.

4. REDUCE TOXINS:

- Replace hidden chemicals with pure, natural options.
- Try **On Guard or Tea Tree** in a **DIY surface spray**.

5. INFORMED SELF-CARE

- Create small, meaningful moments of calm.
- **Inhale Breathe Blend** to support **sinus discomfort**.

6. PROACTIVE MEDICAL CARE:

- Partner with your body and trusted professionals.
- Track your energy, sleep, and mood weekly.



WHY IT WORKS

Your body is made of **cells**.
Cells form **tissues**.
Tissues create **organs**.
Organs form **systems**.

ESSENTIAL OILS WORK AT
THE **CELLULAR LEVEL** –
HELPING YOUR BODY
ABSORB NUTRIENTS,
REMOVE WHAT DOESN'T
BELONG, AND **RESTORE**
BALANCE NATURALLY.

TRY THIS TODAY

- **1 drop Lemon** in morning water → **gentle detox & clarity**
- Diffuse **Peppermint + Wild Orange** → **instant energy**
- **Lavender or Balance** at night → **deeper calm**
- 2 minutes of **mindful breathing** → **instant reset**

SMALL HABITS CREATE BIG SHIFTS – LIKE COMPOUND INTEREST FOR YOUR HEALTH.

READY FOR A BIGGER AHA?

If this clicked, you'll love **my free class:**

ESSENTIAL OIL SECRETS THE TRUTH ABOUT GETTING REAL RESULTS NATURALLY!

Inside, you'll discover:

- Why your body responds differently to oils (and how to fix it)
- **The #1 mistake** that keeps people from getting results
- How to **choose oils that actually work** for your body and home

It's short, eye-opening, and free – watch it her

FREE ESSENTIAL OIL SECRETS
MASTERCLASS





GENTLE *Reset* YOUR QUARTERLY TUNE-UP

Just like you change your car's oil – your body deserves a reset too.

30 DAY QUARTERLY TUNE-UP

Even with healthy habits, life creates buildup—stress, toxins, and sluggish digestion.

This simple quarterly tune-up helps your body reset naturally, so you feel lighter, clearer, and more energized from the inside out.

What It Does

Supports your body's natural ability to:

- Nourish with complete, plant-based nutrients and omegas
- Energize with natural cellular support (no caffeine or crashes)
- Detoxify with gentle organ and lymph support
- Restore gut balance and glowing skin

A GENTLE RESET FOR YOUR BODY, ENERGY, AND GLOW.

What You'll Notice

- Steady energy
- Better digestion
- Clearer skin
- Deeper sleep
- Calm, centered mood

Your Body Knows How to Heal

Do this gentle reset once a quarter to keep your systems running clean and your glow strong all year long.



30 DAY RESET GUIDE + TRACKER



 A detailed 30-day reset guide and tracker sheet. It includes a list of products and their usage instructions, followed by a grid for tracking daily usage. The products listed are:

- RevitaZen**: Advanced Organ Detoxification. Usage: Take 1 capsule with water daily.
- EO Mega+**: Essential Oil Omega Complex. Usage: Take 1 capsule with water daily.
- PB Restore**: ProBiome Complex. Usage: Take 1 capsule with water daily.
- VMG+**: Usage: Take 1 capsule with water daily.
- Castor Oil**: Usage: Apply to skin daily.
- Back Brush**: Usage: Use daily.

 The tracker grid has columns for each day (Day 1 to Day 30) and rows for each product, with checkboxes for tracking usage.

Here's what I
actually use every
day – simple,
repeatable, and
effective.

STACY'S *Daily* RITUALS

IT'S NOT JUST SKINCARE – IT'S CELL CARE.

MY DAILY **Glo UP** ROUTINE

MORNING

1. Frankincense for Focus + Intention

1 drop on the back of my neck or over my heart before prayer or journaling... it's my "get-centered" moment before the day begins.

2. Morning Glō Up Drink

VMG+ (Vitamins, Minerals & Greens) - tastes yummy with my PB Restore (Probiotics) & EO Megas (Omegas) and all contain essential oils.

This combo supports energy, mood, hormones, glowing skin, and nutrient absorption all day long — this is where the magic starts.

3. Diffuse Peppermint + Wild Orange

My favorite blend to wake up the house, clear the mind, and boost motivation while getting ready for the day.

MIDDAY

1. Adaptiv Roll On or Diffuse

Calms stress, keeps focus steady for afternoon tasks or family chaos.

2. TerraZyme Enzyme

Take with lunch to support digestion & keep energy even; no post-lunch crash.

3. On Guard Mist or Beadlets

An easy immunity boost when running errands or after being out and about.

EVENING

1. On Guard Natural Toothpaste

Natural whitening, immune support, toxin-free.

Diffuse Serenity + Balance

Helps my body shift from "go" to "slow."

Glo Up Serum

Every night, apply simple 3-oil serum (Frankincense + Copaiba + Blue Tansy) to clean skin for calm, radiant glow.



Tip: These aren't "extra steps." They're micro-moments that keep me feeling grounded, energized, and glowing all day long.

OUR FAMILY'S DAILY RITUALS

MORNING

1. Diffuse Peppermint + Wild Orange

My favorite blend, wake up the house, clear the mind, and boost motivation while getting ready for the day.

2. On Guard Rollers

Our “Super Shield” before school — supports immune strength naturally.

3. PB Restore Probiotic Capsule

A family gut-health essential; energy, focus, steady mood, resilience all day long.

EVENING

1. On Guard Natural Toothpaste

Natural whitening, immune support, toxin-free.

2. Diffuse Serenity + Balance

Helps my body shift from “go” to “slow.”

MIDDAY

1. Adaptiv Touch Roll On or Diffuse

Calms stress, keeps focus steady for afternoon tasks or family chaos.

2. Correct-X or Deep Blue Stick

Quick comfort for scrapes, bumps, or tight muscles between school, sports, and life.

3. On Guard Mist or Beadlets

An easy immunity boost when running errands or after being out and about.

3. Massage & Gratitude Moment

We rub Lavender or Adaptiv (diluted) on little feet or shoulders and share one thing we're thankful for.

It turns bedtime into our best family connection time.



When your family's daily rhythms include *pure oils + proper nutrients*, everything runs smoother — moods lift, energy balances, and your home feels peaceful again.

YOUR path FORWARD



3 Simple Steps to Begin
Your Wellness Journey

YOU DON'T NEED EVERYTHING AT ONCE

Just start with one step
that feels right for where
you are today.

STEP 1: WATCH THE FREE MASTERCLASS

Essential Oil Secrets: Why They Work (for Some People and Not Others)

Discover the simple truth that helps your oils
actually work for your body – not just your senses.
Learn how to:

- Get real results (not just great smells)
- Understand purity and sourcing
- Build a foundation that amplifies your results

 **Watch the Free Masterclass**



STEP 2: CHOOSE YOUR STARTING POINT

Your best starting place depends on your current lifestyle:

Essential Foundations Kit

Perfect if you're ready to feel better every day with the top 10 oils and daily wellness support.

Natural Solutions Kit

Best if you want a full lifestyle reset – with oils, nutrition, and toxin-free swaps for your home.

💡 **Tip:** Both options include everything you need to start strong – and I'll help you make the most of every bottle.

👉 **See Starter Kits**



STEP 3: STAY CONNECTED & SUPPORTED

You're not doing this alone.

When you start your wellness journey through this guide, you'll get:

- A [private community](#) of like-minded women
- Simple, **habit-based challenges**
- **Step-by-step support** for your top goals

✉ **Check your inbox for your bonus recipes, resources, and updates...** they'll help you stay inspired and consistent.



YOUR printables AND LINKS

Start today
& go!

YOUR PRINTABLES & BONUSES!

Quick Start Checklist

Your 2-Minute Oil Routine — Simple, Daily Habits

Welcome to your quick start guide for incorporating essential oils into your daily routine! This checklist will help you establish simple, daily habits to enhance your well-being. Let's get started!

Morning Routine

[] **Breathe Easy:** Inhale Eucalyptus oil to clear your airways and promote easy breathing.

Evening Routine

[] **Relax:** Diffuse Lavender or Serenity blend to create a calming atmosphere for restful sleep.

[] **Soothe Muscles:** Apply Deep Blue blend to sore muscles for soothing relief.

[] **Skin Support:** Apply Frankincense to your face to moisturize the skin.

Note: All these oils are in the Essential Foundations Kit — so you can start your routine right away.

Visit Discover Natural Solutions for more tips and resources!

CLICK
HERE!

Quick Start Checklist

DISCOVER NATURAL SOLUTIONS

ESSENTIALOILSGUIDEBOOK.COM

ESSENTIAL OILS FOR YOUR #1 GOAL MAP

ENERGY & FOCUS

- **Peppermint** → Inhale in the morning or mid-afternoon
- **Lemon** → Add to water daily for a gentle cleanse
- **Frankincense** → Apply to temples for focus

Add MetaPWR Advantage or Recharge for sustained energy.

CHOOSE...

...your top goal, start small, and make your wellness routine simple and powerful.

STRESS, ANXIETY & SLEEP

- **Lavender** → Diffuse at night to unwind
- **Serenity or Adaptiv** → Apply to wrists or neck during stressful moments

BRAIN FOG & MENTAL CLARITY

- **Peppermint** → Inhale for instant alertness
- **Frankincense** → Apply daily for cellular brain support

PRINTABLE GOAL MAP © STACY PAULSEN

Your Goal Map

CLICK
HERE!

Essential Oil Secrets 3 DAILY ROUTINES That Multiply Your RESULTS

In just 20 minutes, discover how to use essential oils to boost energy, sleep better, balance hormones, and create a calm, healthy home.

FREE ESSENTIAL OIL SECRETS
MASTERCLASS

CLICK
HERE!



SMALL & SIMPLE ROUTINES CREATE EXTRAORDINARY RESULTS

Start today!
Glo and Go!