



OilyFamily Starter Guide

Experience Wellness. Share with Purpose. Live in Freedom.



WELCOME TO THE FAMILY

You're here because you believe wellness and freedom belong together. This Starter Guide gives you simple d
We start with small rituals that create big results — for calm, energy, focus, and better living.



TOP 5 DAILY OILS

- Lavender — Calm the mind, support restful sleep; diffuse at night or roll on wrists.
- Lemon — Brighten mood and freshen water; add a drop to morning routine.
- Peppermint — Focus & energy; inhale before work or workouts.
- Thieves — Clean & protect; add to DIY cleaners or diffuse during cold season.
- Frankincense — Centering + skin support; add to moisturizer or meditation.



SIMPLE DAILY ROUTINES

Morning — Lemon water + gratitude; Peppermint inhale for focus.

Midday — Diffuse Citrus to energize; Frankincense for calm breathing.

Evening — Lavender roll-on; reflect, read, and reset for tomorrow.



SHARE WITH PURPOSE

When something changes your life, you share it. Share stories, recipes, and tips. Invite others to learn, try, and We're a family — and families grow by invitation. Join our partner community: OilyFamily.com/join



LIVE IN FREEDOM

Freedom is built daily — by purpose, generosity, and community.
— Tracy L. Millett, Founder, OilyFamily.com