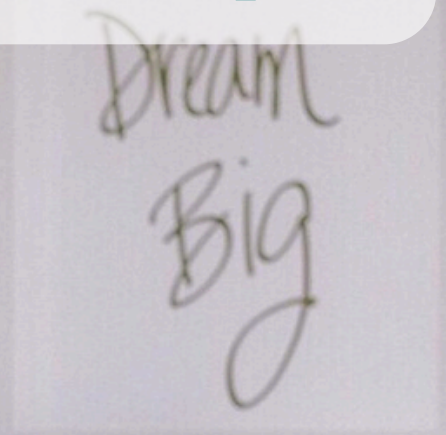
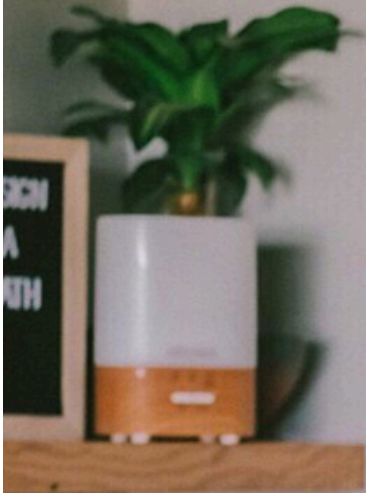
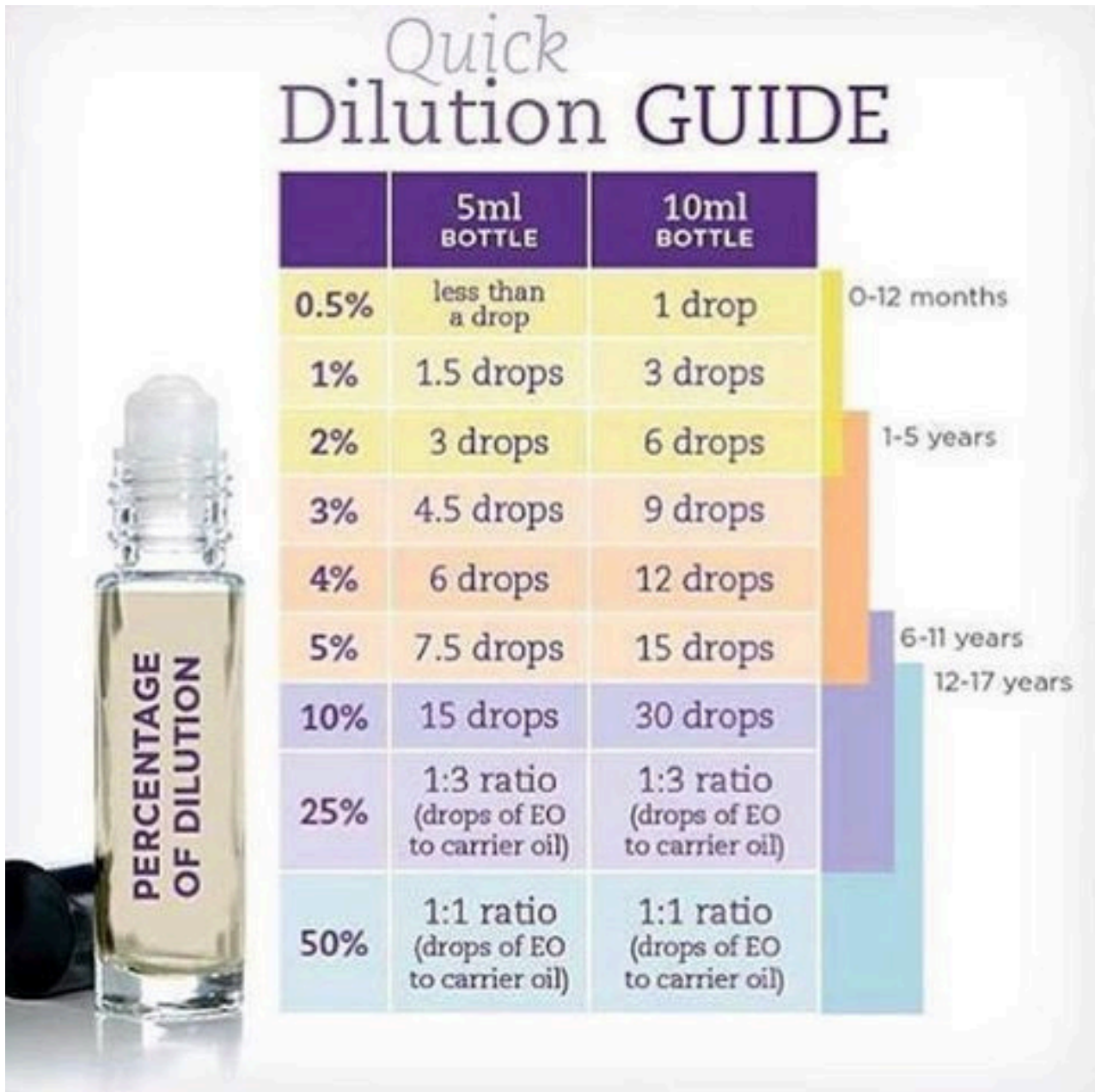




My Favorite Rollerball Recipes



Dilution Guide



Roller Ball Recipes

Basic Directions: Pick recipe from below & add essential oils to 10 ml roller bottle, fill rest of bottle with fractionated coconut oil (or carrier oil of choice), place on roller ball & cap, shake to mix.

Ouchie Roller:

3 drops Frankincense,
3 drops Lavender
3 drops Melaleuca (Tea Tree)
Top the rest with fractionated coconut oil! .

Cold & Flu Bomb:

8 Drops Each of:
Lemon, Melaleuca (Tea Tree), Oregano, Frankincense, On Guard.
Top the rest with fractionated coconut oil! .

Sleep Support:

20 drops Serenity essential oil
20 drops Cedarwood essential oil
Top the rest with fractionated coconut oil

Happier Roller:

10 drops Tangerine
• 3 drops Geranium
• 8 drops Copaiba
• 10 drops Wild Orange
• 5 drops Ylang Ylang
• Fill the rest with Fractionated coconut c

Nerve Relief:

5 drops Thyme
5 drops White Fir
10 drops Lavender
10 drops Frankincense
10 drops Helichrysum

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