

Roller Bottle Blends to Calm & Relax

Be Calm

Promotes whole body relaxation

to make: to a 10ml roller bottle add...

3 drops lavender

3 drops sweet or wild orange

2 drops cedarwood

2 drops frankincense

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

Statements not evaluated by the FDA. Not intended to diagnose, treat, or prevent disease.



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Sea Breeze

Creates a sense of calm and well being

to make: to a 10ml roller bottle add...

4 drops lavender

4 drops lime

2 drops spearmint

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

caution cold-pressed lime essential oil is phototoxic at this dilution, so **do not use on skin that might be exposed to the sun**. If you'll be out in the sun, apply this blend under clothing or apply it to a garment (like scarf or shirt collar). read more about [phototoxicity and citrus essential oils here](#)

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Chill Out

Promotes relaxation and uplifts your mood

to make: to a 10ml roller bottle add...

3 drops bergamot

3 drops wild or sweet orange

2 drops lemon

2 drops grapefruit

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

caution do not use on skin that might be exposed to sun. If you'll be out in the sun, apply this blend under clothing or apply it to a garment (like scarf or shirt collar). read more about [phototoxicity and citrus essential oils here](#)

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Roller Bottle Blends to Reduce Irritability

Grounding

Promotes harmony and balance

to make: to a 10ml roller bottle add...

3 drops spruce

3 drops cedarwood

2 drops juniper berry

2 drops white fir

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

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Frayed Nerves

Calms and soothes nerves when feeling frazzled

to make: to a 10ml roller bottle add...

3 drops lavender

3 drops sweet or wild orange

2 drops geranium

2 drops clary sage

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

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Ditch the Witch

Calms and reduces irritability

to make: to a 10ml roller bottle add...

2 drops sweet or wild orange

2 drops lavender

2 drops calming blend

2 drops grounding blend

2 drops invigorating blend

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

caution do not use on skin that might be exposed to sun. If you'll be out in the sun, apply this blend under clothing or apply it to a garment (like scarf or shirt collar). read more about [phototoxicity and citrus essential oils here](#)

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Uplifting Roller Bottle Blends

Happy Place

Revitalizing, uplifting, and calming

to make: to a 10ml roller bottle add...

3 drops ylang ylang

4 drops wild or sweet orange

3 drops lavender

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

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Good Times

Promotes positive mood

to make: to a 10ml roller bottle add...

3 drops white fir

2 drops grapefruit

2 drops wild or sweet orange

1 drop lemon

1 drop tangerine

1 drop bergamot

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

caution do not use on skin that might be exposed to sun. If you'll be out in the sun, apply this blend under clothing or apply it to a garment (like scarf or shirt collar). read more about [phototoxicity and citrus essential oils here](#)

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Liquid Sunshine

Warm and citrusy, promoting optimism and positive mood

to make: to a 10ml roller bottle add...

4 drops wild or sweet orange

3 drops lemon

1 drop clove

1 drop ginger

1 drop cinnamon bark

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

caution do not use on skin that might be exposed to sun. If you'll be out in the sun, apply this blend under clothing or apply it to a garment (like scarf or shirt collar). read more about [phototoxicity and citrus essential oils here](#)

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Roller Bottle Blends for a Happy Heart

Comfort

Promotes feelings of comfort and hope

to make: to a 10ml roller bottle add...

3 drops frankincense

3 drops ylang ylang

2 drops sandalwood

2 drops patchouli

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

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Healing Heart

Helps with emotional healing after loss

to make: to a 10ml roller bottle add...

4 drops geranium

4 drops rose

2 drops ylang ylang

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

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Gratitude

Promotes appreciation for all the good in our lives

to make: to a 10ml roller bottle add...

4 drops bergamot

3 drops wild or sweet orange

2 drops geranium

2 drops white fir

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

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Roller Bottle Blends for a Energy

Energized

Uplifting to the mind and body

to make: to a 10ml roller bottle add...

4 drops sweet or wild orange

4 drops frankincense

2 drops cinnamon bark

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

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Invigorating

Energizing, refreshing, and uplifting

to make: to a 10ml roller bottle add...

3 drops sweet or wild orange

3 drops white fir

2 drops rosemary

2 drops basil

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

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Enthusiasm

Promotes renewal, passion, and energy

to make: to a 10ml roller bottle add...

3 drops cardamom

3 drops sandalwood

1 drop cassia

1 drop ginger

1 drop clove

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

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Roller Bottle Blends for Inner Strength

Courageous

Promotes feelings of confidence, courage, and self belief

to make: to a 10ml roller bottle add...

3 drops bergamot

3 drops tangerine

2 drops basil

2 drops clary sage

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

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True Self

Helps bring out inner truth and self expression

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4 drops lavender

3 drops wild or sweet orange

3 drops frankincense

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

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Creativity

Inspires and helps tap into your creative powers

to make: to a 10ml roller bottle add...

4 drops tangerine

3 drops juniper berry

2 drops bergamot

1 drop clary sage

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

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Roller Bottle Blends to Help Get Stuff Done

Motivation

Promotes confidence, energy, creativity, and motivation

to make: to a 10ml roller bottle add...

2 drops black pepper

2 drops lime

2 drops sweet or wild orange

2 drops frankincense

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

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Focus

Helps with focus and staying on task

to make: to a 10ml roller bottle add...

5 drops wild orange

5 drops peppermint

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

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Tuned In

Helps to tune out distractions and focus on the task at hand

to make: to a 10ml roller bottle add...

4 drops lemon

2 drops basil

2 drops rosemary

1 drops cypress

1 drops frankincense

fill with carrier oil (like fractionated coconut oil)

snap on the roller ball and shake well to mix

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