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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**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.  

caution bergamot essential oil is phototoxic at this dilution. 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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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

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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**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

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 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.

cautions:
- Bergamot essential oil is phototoxic at this dilution. 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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**True Self**
*Helps bring out inner truth and self expression*

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

- 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

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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**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.

cautions:
- Bergamot essential oil is phototoxic at this dilution. 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).
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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

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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