

12 ESSENTIAL OIL ROLL-ON RECIPES

Directions: Choose a recipe from one of the 12 below, add the essential oils to a 10 mL roller bottle, then fill the bottle with the carrier oil of your choice. When in doubt, use Jojoba or Fractionated Coconut Oil. Press the roller ball into the bottle and screw on the cap. Shake to mix well. *These blends are all 5% dilution and to be used over age 10.*

If you wish to increase or decrease the dilution, go to website for chart.
<https://aromaticwisdominstitute.com/how-to-make-aromatherapy-roll-ons>

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<p>BRUISE RELIEF</p> <p>4 dr Spike Lavender (<i>L. latifolia</i>) 3 dr Yarrow (<i>A. millefolium</i>) 3 dr Helichrysum (<i>H. italicum</i>) Apply to bruised area as often as needed.</p>	<p>DEEP SERENITY</p> <p>4 dr Clary Sage (<i>S. sclarea</i>) 4 dr Lavender (<i>L. angustifolia</i>) 2 dr Geranium (<i>P. graveolens</i>) Apply to wrists, breathing deeply.</p>	<p>PEACEFUL SLEEP</p> <p>4 dr Lavender (<i>L. angustifolia</i>) 3 dr Orange (<i>Citrus sinensis</i>) 3 dr Spikenard (<i>N. jatamansi</i>) Apply to wrists, chest, feet before bed.</p>	<p>IMMUNE BOOST</p> <p>4 dr Orange (<i>C. sinensis</i>) 4 dr Tea Tree (<i>M. alternifolia</i>) 2 dr Lemon (<i>C. limon</i>) Apply to chest and throat.</p>
<p>HAPPY MORNING</p> <p>5 dr Bergamot (<i>C. bergamia</i>) 3 dr Eucalyptus (<i>E. globulus</i>) 2 dr Peppermint (<i>M. x piperita</i>) Apply to wrists early morning, breathing in deeply.</p>	<p>GREATER FOCUS</p> <p>4 dr Rosemary (<i>S. rosmarinus</i>) 3 dr Basil ct. linalol (<i>O. basilicum</i>) 3 dr Grapefruit (<i>C. paradisi</i>) Apply to wrists, inhaling deeply.</p>	<p>SORE MUSCLES</p> <p>4 dr Black Pepper (<i>P. nigrum</i>) 3 dr Clove Bud (<i>E. caryophyllata</i>) 3 dr Birch (<i>B. lenta</i>) Apply to sore muscles as needed.</p>	<p>SINUS HEADACHE</p> <p>4 dr Black Spruce (<i>P. mariana</i>) 4 dr Eucalyptus (<i>E. globulus</i>) 2 dr Lemon (<i>Citrus limon</i>) Apply to back of neck, forehead. Avoid cheeks and eyes.</p>
<p>DAILY MEDITATION</p> <p>4 dr Frankincense (<i>B. carterii</i>) 4 dr Myrrh (<i>C. myrrha</i>) 2 dr Rose absolute (<i>R. damascena</i>) Apply to wrists & feet prior to meditation.</p>	<p>ROMANTIC EVENING</p> <p>4 dr Australian Sandalwood (<i>S. spicatum</i>) 3 dr Orange (<i>C. sinensis</i>) 2 dr Ylang Ylang (<i>C. odorata</i>) Apply to wrists, neck, inside ankles</p>	<p>DEEP GROUNDING</p> <p>5 dr Vetiver (<i>V. zizanioides</i>) 3 dr Cedarwood (<i>J. virginiana</i>) 2 dr Patchouli (<i>P. cablin</i>) Apply to wrists, feet, lower belly, inhaling deeply.</p>	<p>CONGESTION CLEAR</p> <p>5 dr Elemi (<i>C. luzonicum</i>) 3 dr Ravintsara (<i>C. camphora ct. 1,8 cineole</i>) 2 dr Black Pepper (<i>P. nigrum</i>) Apply to chest, throat, back to clear lungs.</p>