**Roller Bottle Recipes**

These are recipes for your 1/3 oz (10 ml) glass roller bottles. If the recipe contains just the oils that come in the Premium Starter Kit, they are noted with *. You can also use any of the following carrier oils: extra virgin olive oil, V6 oil (from Young Living), fractionated coconut oil, sweet almond oil, jojoba oil, or grapeseed oil.

You can change the number of drops in your recipe as well to suit your needs! And as always, if you are pregnant, nursing or want to use these on children or babies, please check the Essential Oils Pocket Reference (EOPR)!

**Be Happy**
Helps with day to day stresses, anxiety/depression and tension. Apply behind ears and on wrists as needed.

**Version 1**
10 drops of Valor  
5 drops of Lavender  
5 drops of Frankincense  
5 drops of Joy  
Top with carrier oil

**Version 2**
10 drops of Valor  
5 drops of Lavender  
5 drops of Frankincense  
5 drops of Joy  
5 drops of Lemon  
5 drops of Idaho Blue Spruce  
Top with carrier oil

**ADHD**
Apply to big toe in AM and PM. Apply to back of neck at times when focus is needed.

15 drops of Lavender  
15 drops of Cedarwood  
15 drops of Vetiver  
Top with carrier oil

**Anti-Anxiety/Calmming - Kids**
Use as needed on bottom of the feet or on the back of the neck.

1 drop of Orange  
20 drops Palmarosa  
20 drops Cedarwood  
10 drops Lavender  
10 drops Ylang Ylang  
Top with carrier oil

**Anti-anxiety Roll-on Blend using Essential Oils for Adults**
Use as needed on bottom of the feet or on the back of the neck.
30 drops of Lavender
20 drops of Valor
15 drops of Vetiver
10 drops of Frankincense
10 drops Orange
5 drops of Copaiba
Top with carrier oil

**Mood Lifting Perfume**
Put in a roller bottle and apply like perfume. Good for PMS symptoms too.

1 drop of Ylang Ylang
1 drop of Bergamot
3 drops of Clary Sage
3 drops of Lavender
4 drops Tangerine
Top with carrier oil

**Pain**
Roll onto areas of pain and tension

**Version 1**
10 drops of Peppermint
5 drops of Wintergreen
5 drops of Lemongrass
5 drops of Copaiba
Top with carrier oil

**Version 2**
15 drops of PanAway
15 drops of Copaiba
15 drops of Lemongrass
10 drops of Peppermint
Top with carrier oil

**Sciatic Pain/Arthritis**
Roll onto areas of pain and tension. This is a great muscle, joint and tendon/ligament soother

10 drops of Copaiba
10 drops of Valor
5 drops of Clove
5 drops of Idaho Balsam Fir
Top with carrier oil

**Muscle Pain/Headache**
Roll onto areas of discomfort as needed
10 drops of Peppermint
10 drops of Lemon
10 drops of Idaho Balsam Fir
10 drops of Copaiba
10 drops of Clove
3 drops of Wintergreen
3 drops of Helichyrsum
3 drops of Vetiver
3 drops of Palo Santo
Top with carrier oil

**Inflammation**
An excellent roller for sore shoulders, hands, fibromyalgia, arthritis, soreness after workout

10 to 15 drops Lemongrass
10 to 15 drops Copaiba
Top with carrier oil

**Pain & Regenerative Blend**
Good for injuries, tendon/ligament damage, cartilage regeneration

10 drops of Lemongrass
10 drops of Marjoram
10 drops Aroma Siez or PanAway
5 drops of Cypress
5 drops of Lavender
5 drops of Sandalwood
Top with carrier oil

**Headache Buster**
Rub on temples, top of forehead, brain stem and back of neck.

15 drops of Peppermint
15 drops of Lavender
5 drops of Frankincense
5 drops of Wintergreen
5 drops of Idaho Balsam Fir
Top with carrier oil

**Sleep**
Roll onto space between big toe and second toe to help with sleeping

**Version 1**
7 drops of Lavender
7 drops of Peace & Calming
7 drops of Cedarwood
7 drops of Roman Chamomile
Top with carrier oil

**Version 2**
10 drops of Lavender
10 drops of Cedarwood
10 drops of Roman Chamomile
Top with carrier oil

**Deep Sleep**
Roll on feet at night. You may also put a drop or two on a tissue and place under your pillow.

10 drops of Roman Chamomile
5 drops of Clary Sage
5 drops of Bergamot

**Allergy trio**
Roll across bridge of nose, on forehead above eyebrows, behind ears. Helps with reducing allergy symptoms.

15 drops of Lavender
15 drops of Lemon
15 drops of Peppermint
Top with carrier oil

**Bellyache Buster/Hiccups**
To be rubbed on the belly, over the area of discomfort.

10 drops of Peppermint
15 drops of Digize
Top with carrier oil

**Flu Buster**
At the first sign of flu, or exposure to flu, apply to bottom of feet every two hours.

15 drops of Lemon
15 drops of Oregano
10 drops of Mel A
15 drops of Thieves
Top with carrier oil
**Ouchie Balm/Itchy Skin/Rash**
For all cuts, bumps, bruises, burns & skin (if skin is open or bleeding, do not apply roller directly to wound as it may contaminate your roller).

**Version 1**
10 drops of Lavender
10 drops of Purification
10 drops of Frankincense
Top with Carrier oil

**Version 2 (Eczema)**
7 drops of Lavender
7 drops of Purification
7 drops of Frankincense
7 drops of Melrose
Top with carrier oil

**Clarifying Study Blend**
The mental clarity that this powerful blend inspires may help you recall the important details needed to ace a test or shine at your next presentation. Place 1 or 2 drops of the mixture on your fingertips and gently massage your temples. Cup your hands around your nose and mouth and slowly inhale, using the belly breathing technique. Try brief inhalations of the blend while committing facts and figures to memory, and again while trying to recall the information.

3 drops of Rosemary
5 drops of Lemon
2 drops of Cypress

**Focusing Temple Massage**
Use this massage blend to facilitate creative work and to enhance concentration. Place 1 or 2 drops of the mixture on your fingertips and gently massage your temples. Close your eyes as the warm, sweet aroma of the blend penetrates; envision the creative work before you.

3 drops of Clary Sage
3 drops of Bergamot
1 tsp carrier oil

**Scar Remedy**
Apply to healed scars and massage in as needed

6 drops of Helichrysm
4 drops of Lavender
6 drops of Myrrh
4 drops of Sandalwood
Top with carrier oil