

Premium Starter Kit Roller Blends

- Grab some roller bottles (google “essential oil roller bottles”)
- and some carrier oil (fractionated coconut oil, vitamin E oil, or even olive oil will work!)
- then add essential oils to the empty roller bottles, fill to top with the carrier oil, secure the roller ball to the bottle, and start rolling!

You Need to Calm Down

10 drops Lavender + 8 drops Valor + 6 drops Stress Away + 4 drops Peace & Calming.
Roll on wrists and back of neck.

Immunity Boost & Respiratory Support

3 drops of each: Thieves, Raven, Frankincense, Lemon, Peace & Calming.
Roll on chest in place of chest rub, or roll on bottoms of feet.

Sweet Dreams

5 drops each: Lavender + Peace & Calming.
OR try 5 drops each of Lavender + Frankincense.
OR try 5 drops each of Lavender + Stress Away.
Roll on back of neck, wrists, bottoms of feet, and chest at bedtime.

Radiant Skin*

10 drops Frankincense + 10 drops Lavender + 2 drops Citrus Fresh.
*We recommend jojoba oil as a carrier oil since you’ll be using this on your face.
Or, you can choose apply this “neat” (undiluted) if you’d like.
Roll on face at bedtime and gently rub into skin.

Natural Deodorant

You can use a number of different oils as deodorant, it just depends on which ones are your favorites! (We love Lavender or Thieves. FYI: avoid using citrus oils on your armpits because citrus oils will make you more sensitive to sunburn.)
Fill a roller half way with essential oil and then fill to top with a carrier oil.
Roll on pits as needed.

Seasonal Relief

10 drops each of: Lavender + Lemon + Peppermint.
Roll on back of neck and top of ears as needed during pollen season.

Workout Warrior

10 drops each of: PanAway + Peppermint.
Gently massage into muscles post-workout.