

21 Recipes for
**ESSENTIAL OIL
ROLLER BOTTLES**

Hair, Skin, Bath and More!



PURE
acres
FARM

DISCLAIMERS

CONTENT DISCLAIMER

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NOTE

All of these recipes are made for a 10ml roller bottle. If you are using a 5ml roller bottle, simply cut the recipe in half. All recipes call for a specific carrier oil or your choice of oil. Jojoba, Fractionated Coconut and Almond Oil are great choices.

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CUT BLEND

While aging is a blessing, wrinkles are not. Use this serum to help ease the appearance of fine lines and wrinkles.

INGREDIENTS

20 drops Lavender essential oil

20 drops Tea Tree essential oil

15 drops Frankincense essential oil

[Fractionated Coconut Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



CALM DOWN BLEND

For stressful moments, this blend may be able to calm the senses. Roll it on your wrists and behind the ears for relief.

INGREDIENTS

20 drops Lavender essential oil

15 drops Ylang Ylang essential oil

15 drops Vetiver essential oil

10 drops Chamomile essential oil

[Sweet Almond Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



GOOD NIGHT BLEND

After a long day, sleep can be hard to come by. Keep this blend in the nightstand and use on the wrists and behind the ears to help symbolically rock you to sleep.

INGREDIENTS

20 drops Lavender essential oil

15 drops Ylang Ylang essential oil

10 drops Chamomile essential oil

15 drops Marjoram essential oil

[Fractionated Coconut Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



ENERGY BLEND

If you need a little boost in energy before a work out or activity, reach for this blend. The orange scent wakes up your senses and can give you that extra push that you might need to finish the day.

INGREDIENTS

20 drops Wild Orange essential oil

20 drops Rosemary essential oil

10 drops Peppermint essential oil

10 drops Frankincense essential oil

[Sweet Almond Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



ANTI AGE BLEND

If wrinkles and fine lines have you down, this blend may be able to minimize their appearance. Roll carefully onto problem areas, taking extra caution to avoid getting the oils into the eyes.

INGREDIENTS

15 drops Frankincense essential oil

20 drops Lavender essential oil

10 drops Sandalwood essential oil

10 drops Myrrh essential oil

[Fractionated Coconut Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



GET FOCUSED BLEND

If you need a little boost in concentration and mental clarity, this blend might be able to help. Apply to your wrists and behind the ears before taking on a large task.

INGREDIENTS

15 drops Frankincense essential oil

20 drops Wild Orange essential oil

15 drops Ylang Ylang essential oil

10 drops Chamomile essential oil

10 drops Vetiver essential oil

[Sweet Almond Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



QUIT SMOKING BLEND

Keep this blend nearby when the urge strikes. The black pepper can help curb cravings while the lavender is soothing.

INGREDIENTS

15 drops Black Pepper essential oil

20 drops Lavender essential oil

20 drops Peppermint essential oil

10 drops Frankincense essential oil

[Fractionated Coconut Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



PAIN AWAY BLEND

Use this blend for sore muscles and aches. Apply up to three times a day to inflamed areas or on areas that tend to get tender as the day goes on.

INGREDIENTS

20 drops Peppermint essential oil
15 drops Wintergreen essential oil
10 drops Black Pepper essential oil
10 drops Marjoram essential oil
7 drops Lemongrass essential oil
[Sweet Almond Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



SEASONAL BLEND

If changing seasons can leave your head and body not feeling their best, use this blend to soothe and gain control. Roll on wrists and behind the ears as needed.

INGREDIENTS

20 drops Peppermint essential oil

20 drops Lavender essential oil

20 drops Lemon essential oil

[Fractionated Coconut Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



CIRCULATION BLEND

This blend may be able to keep different levels in your body at the correct numbers. Massage on the bottom of the feet, on the wrists and along the breast bone two to three times a day.

INGREDIENTS

- 10 drops Ylang Ylang essential oil
 - 10 drop Frankincense essential oil
 - 15 drops Cypress essential oil
 - 5 drops Marjoram essential oil
 - 5 drops Cassia essential oil
 - 5 drops Helichrysum essential oil
- [Sweet Almond Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



HAIR HEALTH BLEND

This blend may be able to keep unwanted guests from making a home in your hair. Apply around the crown and behind the ears.

INGREDIENTS

5 drops Tea Tree essential oil

5 drops Lavender essential oil

5 drops Eucalyptus essential oil

5 drops Rosemary essential oil

[Fractionated Coconut Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



EARACHE BLEND

For sore ears, despite the reason, this blend may be able to soothe any discomfort. Apply around the ears but take care not to get the oil into the ear canal.

INGREDIENTS

10 drops Lavender essential oil

10 drops Tea Tree essential oil

10 drops Basil essential oil

[Sweet Almond Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



BELIEVE BLEND

If you're feeling a little doubtful, this blend may be able to change your outlook. Rub on your wrists and neck before an important event.

INGREDIENTS

2 drops Geranium essential oil

3 drops Lavender essential oil

4 drops Lime essential oil

[Fractionated Coconut Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



SORE JOINT BLEND

If your joints are giving you problems, this blend may be able to help you regain control and comfort. Roll it on the affected areas up to three times a day.

INGREDIENTS

- 10 drops Wintergreen essential oil
- 10 drops Eucalyptus essential oil
- 10 drops Frankincense essential oil
- 10 drops Lemongrass essential oil
- [Sweet Almond Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



STRENGTHEN MUSCLE BLEND

To keep muscles strong and responsive, keep this blend nearby. Apply it at the base of the skull and down the spine to keep the body strong.

INGREDIENTS

10 drops Helichrysum essential oil

10 drops Frankincense essential oil

10 drops Sandalwood essential oil

5 drops Basil essential oil

5 drops Peppermint essential oil

[Fractionated Coconut Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



BRUISE BLEND

If you're accident prone you may want to keep this blend nearby. Apply it to bruised skin to promote healing and help with pain.

INGREDIENTS

5 drops Helichrysum essential oil

4 drops Lavender essential oil

3 drops Cypress essential oil

3 drops Lemongrass essential oil

3 drops Geranium essential oil

[Sweet Almond Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



SCAR BLEND

Scars can bring down self-esteem and can be difficult to alter once they have been around for a while. This blend may be able to help the appearance of scars, both new and old.

INGREDIENTS

8 drops Helichrysum essential oil

8 drops Frankincense essential oil

6 drops Lavender essential oil

oil from 6 capsules vitamin E

[Fractionated Coconut Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



HEADACHE BLEND

For infrequent and mild head pain, this blend may be able to help you get back to your normal routine. Roll it on the temples and base of the skull as needed.

INGREDIENTS

10 drops Frankincense essential oil

10 drops Peppermint essential oil

10 drops Lavender essential oil

[Sweet Almond Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



APHRODISIAC BLEND

Keep this blend nearby to keep your relationship on its toes, while also enjoying its perfume like scent. Roll it on your wrists and behind the ears.

INGREDIENTS

10 drops Sandalwood essential oil

4 drops Jasmine essential oil

[Fractionated Coconut Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



MORNING BLEND

Start your morning off in a positive light with this great scented blend. Keep it on your nightstand to apply on your wrists before your feet touch the floor.

INGREDIENTS

15 drops Lime essential oil

10 drops Lemon essential oil

5 drops Peppermint essential oil

[Sweet Almond Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.



HIGH TEMPERATURE BLEND

If your body is fighting an infection and is suffering from a warmer core as a result, roll this blend on the forehead and neck for relief. The peppermint will help to cool the body while the lemon helps to fight infection.

INGREDIENTS

5 drops Lemon essential oil

5 drops Frankincense essential oil

2 drops Peppermint essential oil

[Fractionated Coconut Oil](#) (or other carrier oil)

DIRECTIONS

1. Add the essential oils to the roller.
2. Fill to the top of the bottle with carrier oil.
3. Shake gently before each use.

