

5 Summer Roll Ons

These are roller bottle recipes. Pick a recipe below and add it to a 10 ml roller bottle, then fill the rest of the bottle with jojoba oil (or carrier oil of choice). Roll bottle between the palms of your hand to blend. These 5 roller recipes are all 2% dilutions, it may not seem like a lot of drops but it is the right amount for a blend that can be used every day.

Refresh-Mint

Roll it on your neck, shoulders, and chest to fight off fatigue and feel refreshed.

2 drops Spearmint
1 drop Peppermint
1 drop Lemon

Berry Breeze

Let this blend keep you upbeat and positive. Roll it on your wrists and chest, then take a deep breath.

2 drops Juniper Berry
1 drop Grapefruit
1 drop Orange

Be Happy

Keep your mood in check with this blend. Roll it on your chest and arms.

2 drops Frankincense
2 drops Orange

Pretty Feet

Keep your feet pretty with this anti-fungal blend. Roll it on your feet, heels, and toenails.

2 drops Lavender
1 drop Tea Tree
1 drop Peppermint

Fun in the Sun

Roll on this cheery blend.

1 drop Lemon
1 drop Orange
1 drop Grapefruit
1 drop Lavender

*Be sure to let your roller blend marinate for about 24 hours, this allows the oils to fully mingle.