



Christmas Roller Recipes



Directions: Add drops of essential oils to a 10 ml glass roller. Fill rest with jojoba oil to shoulder of the bottle. Place rollerball insert on, then roll the bottle between palms to blend the mixture together. Roll on to arms and chest, or to desired area.

Three Wise Men

3 drops Frankincense
2 drops Myrrh
3 drops Orange

Joy to the World

3 drops Fir
3 drops Sweet Orange
2 drops Cardamom

Merry & Bright

3 drops Juniper
3 drops Frankincense
2 drops Tangerine

Peppermint Surprise

4 drops Peppermint
2 drops Ylang Ylang
2 drops Frankincense

Sweater Weather

4 drops Eucalyptus
3 drops Juniper
1 drop Clary Sage

Comforted

3 drops Copaiba
3 drops Lavender
2 drops Frankincense

Calm Christmas

3 drops Cedarwood
3 drops Lavender
2 drops Cypress

Crisp Night

5 drops Lemon
2 drops Clove
1 drop Cinnamon Bark

Forest Retreat

4 drops White Fir (or another fir oil)
2 drops Bergamot
2 drops Tangerine

Holiday Rush

4 drops Grapefruit
2 drops Peppermint
1 drops Lemon
1 drop Lime

