

FALL ALLERGIES - ROLLER RECIPE

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3 drops Peppermint Essential Oil

4 drops Lavender Essential Oil

3 drops Lemon Essential Oil

Jojoba Oil (or carrier oil of choice)

10 ml Roller Bottle

1) Add essential oils into roller bottle.

2) Fill rest of bottle with carrier oil, leaving space at top for insert.

3) Insert roller ball and add cap, roll bottle between hands to blend oils together. Add bottle label.

4) To use, apply small amount to back of neck, wrists and temples and massage gently in. Be sure to avoid eyes. Repeat as needed.



-----> [Click here to get the 10 ml Blue Glass Roller Bottle for this recipe](#)

-----> [Click here to get our Roller Bottle Organizer to store your rollers in](#)

-----> [Click here for Our Blog Post on Essential Oils For Fall Allergies](#)

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