**Fall Allergies - Roller Recipe**

| 5 drops Peppermint Essential Oil |
| 5 drops Lavender Essential Oil |
| 5 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, be sure to leave space at top.
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.

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