

# SINUS HEADACHE RELIEF - ROLLER RECIPE

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## *Sinus Headache Relief - Roller Recipe*

*10 drops Peppermint Essential Oil*

*10 drops Lavender Essential Oil*

*6 drops Eucalyptus 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 cheekbones, forehead 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 to read the full Blog Post on Sinus Headache Relief Roller](#)

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