

SINUS HEADACHE RELIEF - ROLLER RECIPE

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4 drops Peppermint Essential Oil

4 drops Lavender Essential Oil

2 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.

