

FATIGUE FIGHTER ROLL ON RECIPE

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Fatigue Fighter Roll On

*4 drops Orange Essential Oil
2 drops Lemon Essential Oil
2 drops Juniper Berry Essential Oil
2 drops White Fir Essential Oil
Fractionated Coconut Oil
10 ml Roll On bottle*



- 1) Add essential oils to roll on bottle*
- 2) Fill remainder of the bottle with fractionated coconut oil.*
- 3) Place roller insert and cap on bottle and swirl oils together to blend.*
- 4) To use, roll on wrists, forearms and/or upper chest for an energy boost. Alternatively, you can roll a small amount onto palm of hands, rub hands together, then cup over nose and mouth and inhale deeply.*

Essential Oil Tips For Recipe:

-Cut out the picture on this recipe sheet and use for a bottle label. Attach to bottle by placing a slightly larger layer of clear contact paper over it.

-When using essential oils on skin be sure to use only high quality, therapeutic essential oils that are safe to use topically.

-Fractionated coconut oil is the carrier oil used in this recipe but you can use another carrier oil like sweet almond oil or jojoba oil, both good alternatives.

-----> [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 a list of our Favorite Ingredients For DIY Recipes](#)

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