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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