

THE ULTIMATE
Roller bottle Recipes
→ **LIST**

OVER 35 RECIPES!

PLUS FREE PRINTABLE LABELS!



by
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WHY ROLLER BOTTLE BLENDS ARE AWESOME:

It's like the best of both worlds. You can use high quality essential oils, but make them LAST, which means you save money while still having a wide array of solutions for your health concerns! PLUS, roller bottles are the EASIEST & MOST CONVENIENT way to apply them and carry around wherever you go! And it makes them instantly safe for kids to use all by themselves!

WHERE TO BUY YOUR SUPPLIES:

- **Essential oils** - I highly recommend dōTERRA essential oils - woot woot! (you'll be amazed at how well they work!), and you can [purchase the top 10 essential oils HERE](#) (psst. After you purchase, I'll send you a special invite to a private support group!)
- **Roller bottles** - I buy them [HERE](#).
- **Carrier oils** - You can buy fractionated coconut oil from doTERRA or [HERE](#).

HOW TO MAKE ROLLER BOTTLES BLENDS LIKE A ROCKSTAR:

Now that you've got your supplies, all you need to understand is how to make any recipe!

- 👉 **Step 1)** ALWAYS start with drops of essential oils
- 👉 **Step 2)** After you put in the drops of essential oils, "top it off" with a carrier oil like olive oil, almond oil, or fractionated coconut oil!

****NOTE**** When we say "top it off", we mean, just fill the bottle the rest of the way to the top with one of the carrier oils. Don't overthink it, you got this! Trust me, you can't mess it up! Fractionated coconut oil is coconut oil that will NOT harden in the winter. This is important when you're making a blend. Ain't nobody got time to try to fool with hardened coconut oil ;)

THE RECIPES & LABELS

NATURAL, EASY, EFFECTIVE

PRINTING INSTRUCTIONS:

Simply purchase sticky labels from Amazon [HERE](#), then when you print, just print pages 4-6 of this document!

 essential oil blend

IMMUNE BOOSTER

6 drops oregano
2 drops melaleuca
2 drops lemon
6 drops frankincense
4 drops on guard

Roll on bottom of feet to boost immune system.

 essential oil blend

ENERGIZE & UPLIFT

10 drops wild orange
10 drops frankincense
6 drops peppermint

Roll on wrists & neck for a nice boost of energy.

 essential oil blend

EASE TENSION

4 drops peppermint
4 drops deep blue
10 drops lavender
8 drops frankincense

Roll on areas of tension & stiffness.

 essential oil blend

CHILL OUT

8 drops lavender
8 drops frankincense
8 drops breathe

Roll on wrists & neck to help relax & de-stress.

 essential oil blend

TUMMY TAMER

10 drops digestion
8 drops peppermint
4 drops lavender

Roll on the skin over the stomach or dab on tongue for relief.

 essential oil blend

OPEN AIRWAYS

8 drops peppermint
6 drops lemon
6 drops breathe

Roll on chest & back to open airways.

 essential oil blend

SINUS RELIEF

8 drops lavender
10 drops lemon
8 drops breathe

Roll on the skin over the sinuses, avoiding the eyes. Cover with a warm wet cloth.

 essential oil blend

CLARITY & FOCUS

4 drops lemon
8 drops frankincense
6 drops peppermint

Roll on the back of neck to improve concentration.

 essential oil blend

CLEAR SKIN

8 drops frankincense
8 drops geranium
8 drops lavender
6 drops melaleuca

After washing face, roll on face but avoid the eyes.

 essential oil blend

DEEP SLEEP

10 drops lavender
4 drops marjoram
8 drops vetiver

Roll on back of neck & chest before bed.

 essential oil blend

SOOTHE SKIN

10 drops lavender
6 drops melaleuca
10 drops frankincense

Roll on skin to soothe redness & irritation.

 essential oil blend

STRESS BE GONE

15 drops serenity blend
15 drops balance blend

Roll on wrists & chest. Roll on hands, then cup hands around nose/mouth and breathe deeply.

 essential oil blend

EXHAUSTION REDUCTION

12 drops breathe
6 drops lavender

Roll on bottom of feet
to revive & energize

 essential oil blend

WAKE UP

10 drops wild orange
8 drops peppermint
8 drops frankincense

Roll on the chest and
back of neck to feel
energized and alert.

 essential oil blend

TANTRUM TAMER

20 drops balance blend
10 drops wild orange

Roll on wrists or back
of neck to diffuse the
situation ;)

 essential oil blend

WORRY BLASTER

2 drops lavender
2 drops wild orange
2 drops lemon
2 drops frankincense

Roll on wrists & chest.
Roll on hands, then cup
hands around nose/
mouth and breathe in.

 essential oil blend

CONFIDENCE BOOSTER

8 drops lemon
10 drops peppermint
10 drops on guard

Roll on wrists & chest.
Roll on hands, then cup
hands around nose/
mouth and breathe in.

 essential oil blend

BALANCE MOOD

30 drops balance blend

Roll on back of neck
and on the temples.

 essential oil blend

PURIFY & PROTECT

6 drops lime
6 drops lemon
6 drops wild orange
4 drops on guard
8 drops lavender

Roll on hands to
cleanse & protect
against environment.

 essential oil blend

BUG BE GONE

10 drops melaleuca
6 drops peppermint
8 drops lemon
8 drops lavender

Roll on legs and arms
to deter bugs.

 essential oil blend

CHEAP MASSAGE

6 drops deep blue
6 drops lavender
6 drops marjoram
6 drops peppermint

Roll on skin to relax
muscles.

 essential oil blend

THAT TIME OF THE MONTH

8 drops deep blue
10 drops lavender

Roll on lower abdomen.

 essential oil blend

I CAN ADULT TODAY

8 drops wild orange
6 drops breathe
8 drops frankincense

Roll on chest and back
of neck.

 essential oil blend

I SHOULDN'T HAVE EATEN THAT

6 drops digest zen
8 drops peppermint
8 drops lavender

Roll on stomach area to
ease digestion.

 essential oil blend

SEASONAL SUPPORT

10 drops lavender
8 drops lemon
10 drops peppermint
4 drops frankincense

Roll on bottom of feet to boost immune system when everything is in bloom.

 essential oil blend

SUN PROTECTION

15 drops peppermint
20 drops lavender

(combined with coconut oil will provide 20 SPF)

Roll on skin that is exposed to sun.

 essential oil blend

BE HAPPY

10 drops lemon
10 drops wild orange
10 drops lavender

Roll on bottom of feet to boost immune system.

 essential oil blend

EAR RELIEF

10 drops lavender
4 drops melaleuca

Roll around outside of ear. Never put essential oils inside ears.

 essential oil blend

CRAVING BLASTER

8 drops digest zen
10 drops wild orange
6 drops lemon

Roll over stomach or dab on tongue to reduce cravings.

 essential oil blend

MOTION RELIEF

8 drops peppermint
8 drops digest zen
8 drops lemon

Roll around outside of ears. Never put essential oils inside ears.

 essential oil blend

COOL DOWN

20 drops peppermint
20 drops breathe

Roll on back of neck and chest to cool down.

 essential oil blend

URINARY SUPPORT

10 drops lavender
10 drops oregano
6 drops lemon
8 drops frankincense

Roll on lower abdomen.

 essential oil blend

HEAD TENSION RELIEF

8 drops deep blue
8 drops lavender
8 drops peppermint
6 drops frankincense

Roll around entire hairline on head.

 essential oil blend

GUM HEALTH

8 drops wild orange
6 drops on guard

Roll on finger, then rub on gums after brushing.

 essential oil blend

CIRCULATION BOOSTER

10 drops peppermint
6 drops lavender
6 drops deep blue
8 drops frankincense

Roll on legs or other areas to improve circulation.

 essential oil blend

NERVE RELIEF

15 drops balance blend
10 drops peppermint
8 drops frankincense

Roll on areas of discomfort.