

I'm not robot!



# Lavender essential oil

## Benefits and uses

Uplift mood  
Anxious thoughts  
Itchy Skin  
Seasonal allergies

## Ways to use

Diffuse  
Roller bottle  
Topically  
Internal

## Diffuser recipes

### Nighty Night

2 drops Lavender,  
2 drops Respiratory Blend,  
2 drops Clary Sage

### Frayed Nerves

2 Lavender,  
2 drops Orange  
1 drop Clary Sage  
1 drop Geranium

### Flower Bouquet

2 drops Lavender,  
2 drops Geranium,  
2 drops Ylang Ylang

## Roller bottle recipes

### Feeling Tense

5 drops Lavender,  
5 drops Massage Blend  
3 drops Cypress,  
Place in 5ml roller bottle. Top with carrier oil.  
Apply to the inside of the wrist or the back of the neck

### Seasonal Relief

5 drops Lavender,  
5 drops Peppermint  
5 drops Lemon,  
Place in 5ml roller bottle. Top with carrier oil.  
Apply to wrist or heart.

### Burn Relief

5 drops Lavender  
5 drops Tea Tree  
5 drops Frankincense,  
Place in 5ml roller bottle. Top with carrier oil.  
Apply to minor burns. Make re seek medical attention for burns.

## DIY

### Foot Scrub

1 Tablespoon Baking soda  
1 Tablespoon Brown or white sugar  
1 Tablespoon carrier oil  
2 drops essential oils (Suggestions: Peppermint, Tea tree, Wild orange, Lavender)

Mix together in a glass bowl and apply to feet. Cover feet with sock or saran wrap and let set for 15-30 minutes. Wash off with warm washcloth.

### Joy Spray

4oz glass bottle  
1 Tablespoon Witch Hazel  
7 drops Lavender  
7 drops Ylang Ylang

Add ingredients together shake before spraying.

Personal use only



Application	Essential Oil Drops	Amount of Carrier	Tips
Massage Oil	6-18 drops	1oz. Base Oil	Essential oils should be 3% or less of total mixture.
Bath Oil	6-18 drops	1oz. Base Oil	Essential oils should be 3% or less of total mixture. Add 1tsp bath oil to warm bath.
Soap (liquid or solid)	6-18 drops	1oz. Soap Base	Essential oils should be 3% or less of total mixture
Cold Compress	5-6 drops	1/2 cup cold water	Add essential oils to cold water. Soak a wash cloth in mixture and wring. Apply to affected area.
Room Spray	45 drops	4oz. Water	Shake mixture well before spraying.
Body Mist	20 drops	4oz. Water	Shake mixture well before spraying.
Body Fragrance	10-25 drops	1oz. Jojoba Oil	Essential oils should be 3% or less of total mixture. Using Jojoba Oil as a carrier helps extend the shelf-life of your mixture.

# Rollerball REMEDIES

## RECIPE SHEET

NOTE:  
All recipes are for a 10ml rollerball bottle unless otherwise noted.

### Aching Muscle Blend

30 drops Peppermint  
30 drops Lavender  
20 drops Fractionated Coconut oil  
Massage into achy areas as needed.

### Allergy Bomb

20 drops Lemon  
20 drops Lavender  
20 drops Peppermint  
Fill rest up with Fractionated Coconut oil  
Convenient to use when traveling. Roll onto palms of hands, cup and inhale.

### Belly Blend

40 drops Wild Orange  
40 drops Digestion blend  
Fill rest up with Fractionated Coconut oil  
Apply to bottoms of feet and/or directly to the belly. This blend is convenient for adults and children with digestive issues. The orange also helps cut down the Digestive blend smell.

### Bruise Blend

20 drops Lavender  
20 drops Cypress  
20 drops Frankincense  
20 drops Fractionated Coconut oil  
Roll on to bruised area as needed to help with pain and to cut down duration of bruise.

### Cough Blend

40 drops Respiratory blend  
25 drops Eucalyptus  
20 drops Frankincense  
Fill rest up with Fractionated Coconut oil  
Roll onto chest and/or back. Can also apply to the tops of feet at the bridge of the toes (lung reflexology point). Great for kids since it is already diluted!

### Flu Bomb

20 drops Oregano  
40 drops Lemon  
30 drops Protective blend  
Fill rest up with Fractionated Coconut oil  
This is a great remedy for the onset of an illness. When you feel the aches or scratchy throat coming, its time to start! Apply on throat, behind ears, and bottom of feet. \*Because this mix contains oregano, it should be used only for 7-10 days. Oregano can be hard on the liver when used for long periods of time. The Protective blend should be used along the spine for prevention of illness.

### Focus Blend

40 drops Wild Orange  
40 drops Peppermint  
Fill rest up with Fractionated Coconut oil  
Use this blend anytime during the day when you need a mental lift; great for studying, housework, mid-afternoon slump. Apply to back of neck, on bones directly behind the ears or in palms and inhale.

### Hand Sanitizer (15ml spray bottle)

10-20 drops Protective blend  
Fill the 15ml spray bottle up with distilled water  
Spray onto hands to kill germs and bacteria. This can also used for a throat spray when a sore throat is coming on! (Now what "other" hand sanitizers can do that!)

### Owie Blend

30 drops Lavender  
30 drops Melaleuca  
20 drops Fractionated Coconut oil  
Apply to "owie" as needed. This blend works for easing scrapes, cuts and blisters. Also good for scaly, itchy patches like eczema or hives.

For additional information and ideas, go to [www.facebook.com/rollerballremediesworkshop](http://www.facebook.com/rollerballremediesworkshop)







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