

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

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.

Rollerbottle REMEDIES RECIPE SHEET

NOTE:
All recipes are for a 5ml 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.

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 be 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



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Rollerbottle Recipe Sheet / Version C4.10.14

Essential Oil Dilution Chart

**1%-kids under 6
2%-most adults/situations
4%-temporary health issue**

Carrier Volume	1%	2%	4%
½ oz (1-T)	3-drops	6-drops	12-drops
1-oz (2-T)	6	12	24
2-oz (4-T)	12	24	48
4-oz (1/2 cup)	24	48	96
8-oz (1-cup)	48	96	192
16-oz (2 cups)	96	192	384

Lifeholistically.com



Free printable guide to essential oils. Essential oils usage guide. Essential oils printable guide. Essential oils beginners guide. Essential oil guidelines

If you use or researched essentials in the last two years, you have noticed that everyone is talking about essential. By chance, this is wonderful, because the essentials are the pharmacom of the natural world and when distilled well, they are powerful powerful remains. They are often pointed out by their strong antiviral, antibacterial, antimicrobial and anti-ages, which again, in general, is true. Experienced sources and some of, well ... We just say ... vocal ... Sources. We are confident in using essentials with security and effectiveness! Just click on the button to download these two popular trick sheets and see how it can be easy to use essential with security. So, as I collected myself information with which to make decisions about how to use essentials in our own home, I filled a notebook full of impressions and notes and pieces of torn paper. After five years, I thought it was time to compile the information in a concise reference. The result is the uniform unprofitable below. à € ¢ à „¢ à We now have a huge resource that describes the essentials safe for babies and children. So that every one is good (even for adults). See the essential insurance for babies and guide children here. The biggest concern for me with essential ones is that my fummy knows how to use them with security. The essentials are highly concentrated and may have a dramatical effect on the body, mind and spacy. And just because the essentials are natural not to not mean that they are inherently safe. The essentials should be used to carefully, with adequate education and in its appropriate quantities. It's so fancilized the essentials! In our Famâlia, we usually use them siaicnesse socix³ÅtotofteP arap soruges ofÃs ofÃn euq ofÃ§Ãatnemama ed soel³Å e zedivarg arap aletuac ed saton ofÃ§Ãatnemama a e otrap o ,zedivarg a etnarud rative a ofÃ§Ãatnemama ed soel³Å so etnarud soruges ofÃs euq arbo- ed- ofÃm ed agertne ed soel³Å e zedivarG etnarud soruges ofÃs euq sitnafni soel³Å so arap soruges ofÃs euq snumoc siaicnesse soel³Å 6 ed seronem sa§Ãnairc arap saruges ofÃs ofÃn euq snemoh 2 ed soel³Å moc sa§Ãnairc arap soruges ofÃs ofÃn euq soelÃ ed sianessE soelÃ esU syawlaitnessE rof secitcarP tseB siaicnesse soelÃ arap ofÃrdap ofÃ§Ãulid ed ocif;ÃrG Å :omuser odip;Ãr mu ;Ätse iuqA .lam a§Ãaf ofÃn ,oriemirP :edºÃaS .azetrec ret ©Ãta odadiuc ahnet ,oir;Ãtanited o ;Ãracidujerp ofÃn laicnesse oel³Å otrec mu euq ed azetrec revit ofÃn ªÄcov es ,euq acifingis ossi ,osac esseN .lam a§Ãaf ofÃn ,oriemirP :citarcoppiH ed otnemaruj o etnemetneicsnoc ofÃ§Ãneta somatserp ,merartsinimda sotnemacidem ed sopit euq odnidiced e siap ed lepap osson mE .ailÃmaf aus ed edºÃas ad elortnac o rimussa e aicn³Ägilid airp³Ärp aus Å odivideD .oriemirP ocid©Ãm lanoissiforp ortuo uo atsilabreh ,odacifitrec atsiparetamora mu moc euqifirev ,etnemaivbO .sol- ;Äsu ed setna siaicnesse soel³Å so erbos rebas a setnatropmi sasioc samugla ed seuqatsed so ofÃtse iuqa ,OS.gnuoY yendoR e dnaressiT treboR ed oel³Å ed laicnesse a§Ãnaruges ,levÃmirpmi aiug etse raraperp avamutsoc euq e sona sod ognol oa ietlusnoc ue euq lapicnirp orvil O odnemocer ,oralc ©Ã ,E .siaicnesse soel³Å recehnoc arap ocits;Ãtnaf aditrap ed otnop mu ©Ã-daehamorA otutitsnI od otutarg %001 ocin 'Ärtele osruc o odnemocer m©Ãbmat uE .sariesac sa§Ãnairc ed snyarc e latned emerc me etnemlanoisaco ©Ãta e ,oopmahS ,etnarodosed ,sarudamieuq ed emerc ,apuor a arap etnegreted odniulcni ,azepmil e siassep sodadiuc ed satiecer me oulcni so m©Ãbmat ,sona somit³Å son satiecer sahnim me uoton etnemlevavorp ªÄcov omoc sam ,sumatopymmoM ed otiep on megassam acits;Ãtnaf a odniulcni ,seralimis e sodirolod solucs³Äm so araP oils to avoid completelyª Ä Remember: Essential Oils are Highly ConcentratedDid you know that it takes:150 pounds of lavender flowers to make one pound of lavender essential oil?About 50 roses to create just one drop of rose otto essential oil?Those are extreme concentrates!According to Lotus Garden Botanicals, one supplier of ethically-sourced, high-quality essential oils, here's how jasmine absolute is produced:¢ÃÄÄJasmine (Jasmine grandiflorum) absolute is extracted from un-bruised flower blossoms that are collected during the night when flowering occurs. The beautiful blossoms are far too delicate to process with steam distillation whereby the complete aroma of the flower is lost. To put this more into perspective, the same applies to grandiflorum as to its cousin sambac with approximately 8,000 carefully hand-picked blossoms being required to produce 1 gram (about 1 mL) of Jasmine grandiflorum absolute.¢ÃÄÄJust think¢ÃÄÄ all those botanical compounds are distilled and concentrated into each drop of essential oil ªÄÄ and now we're rubbing and eating and inhaling those drops! It's important to keep in mind just how concentrated essential oils can be. ªÄEssential Oils Should Be Properly DilutedBecause essential oils are so very concentrated, essentials oils should very rarely be used ªÄÄneat¢ÃÄÄ (undiluted). Doing so can cause irritation or allergic reaction.Instead, add them to lotion or massage oil or other carrier oil before rubbing them on your skin. There's a dilution chart listed in the infographic above, as well as the proper dilution ratios for babies, children, pregnant women, etc. As a general rule for adults, essential oils should be diluted in a carrier oil such as coconut oil or jojoba oil in a 2-3% solution. For children above six, a 1% dilution is sufficient. For one teaspoon of carrier oil, that's 2-3 eht gniruD.emit siht gnirud yletelpmoc slio eseht gnidiova etadnam dluow taht snoitidnoc yna evah uoy fi rotcod ruoy ksA .feiler aesuan rof emit fo slavretni feirb yrev rof detfaw ro desuffid eb nac niradnam dna ,radneval ,tnimreppep ,nomeL .ssenkciis gnnrom etaivella spleh taht tnecs niatrec a revocsid uoy fi eb dluow siht ot noitpecxe eno ehT.gnimlehvrevo eb dluow slio laitnesse ynam dna retsemirt tsrif eht gnirud llems fo esnes dezitisnes-ylhgih a evah nemow ynam ,oslA .egairracsim esuac ylekil dluow ycnangerp ylrae gnirud hcihw ,gnittolc doolb ro snoitcartnoc rehtie esuac nac slio laitnesse fo rebmun a esuaceb dna atnecalp eht ssorc nac slio laitnesse taht ecnedive si ereht esuaceb htob ,retsemirt tsrif eht gnirud dediova yletelpmoc eb dluohs sliO.gnisrun ro tnangerp elihw slio Laitnesse ä .Ediug nerrdlihc & selibab rof slio laitnesse EHT EES.)Lada rof neve(rof doog si liq hcae tawh tawh DNA ,secruos lacihte dnif ot erehw ,ega Hcihw because EFAS ERA ero hcihw FO TSIL-A-TA , EFATAWATA ELBAHCRAES SEDULCN esu ot woh tuoba ereh ecno saw taht noitamrofni eht lla devom osla !sdik rieht no slio laitnesse gniso erew yehw rof dnah for ydamarofni daerp deer-ot senfas sen sens eva Laitnesse ruo taerc ot deripsniä å ,em evord tsrif tah nna sebab no slio laitnesse ot woh dnuora gnilriws noitamrofnism dna snoitpecnocsim ,tcaf niessimb smom gnisuså å .noitcaer y rof Evresbo dna what is what is a right eht raen mrao trap renni eht if ,dulid ,tnuoma llams a bur ot ot lio laitnesse yna ot noitcaer s'dlihc yaw ang ang ang ang ang ang ang tuoba Äerom gnnrael ylnatsnec er'ew elihw dna .gnieb-llew llarevo ruo ot laitnesse era hcihw fo lla ,seiceps 004 revo gnisirpmoc ,airetcab fo snoillirt fo pu edam metsys-oce esrevid a sniatnog tug namuh ehT:tnatropmi si siht dna. citoibitna lanoitnevncoc that sa ytilanoitnetni dna noitito hcum sa htw dey ot ot deen yeht os ,rehtie ,airetcab ot semoc nehw yrotanimircs to .slib yhtsse spah erht. scitoibitna fo dnuor dnuor a retfa dna gniirud scitoiborp fo esod eggral aen yllausu yhw s'taht .seidah and noisavni lht pots ot redro of ,airetcab doog od tawh dna !ydemer lariv ro citoibitna gnihtemos deen ew nehw ew od od od tawh ,enicidem lanoitnevncoc :siht fo knith r rotna ?senicidem edarg-lac ITuecamrahp era slio laitnesse taht elcitra siht fo gninnigie eht because dias i wo rebmemer.Piuq kciuq evig tsuj ll'i ,euissi suoitnetnog ylhgiyah that siht? gnorts ia esuaceb dediova Eb dluohs lio laitnesse .elbatpecca era slio delud ylrepob ttom ,Luleneg of TUT ,Dediova ro ylgniraps Desu Eb Dluohs serb gnirud gnirud serb you s'ybab eht nrub ,niks s'ybab eht eht tettirri nac Hcihw ,pot eht no human sliw slio eht in ,revewoh ,but gniatrib a ot tolo laitnesse .rotcod ro Efiwdnetta Ro Efiwdnetta ay yralc ekel slio in the llew in ,sucof retaerg egaruocne dna dna niap pleh ot yparehtamora rof desu slio slio laitnesse ,robal gniliid.noitulid-flah for dna ylgniraps desu Eb , ailÃmaf aus ad edºÃas a eozarp ognol a edºÃas aus a ;Ätse iuqA .ofÃm Å somet euq siarutan soid©Ãmer sosoredop so etnemadauqedarartsinimda arap osac etsen ,edadilibasnopser ednarg m¤Äv setneserp sednarg moc ,otnatne oN .soruges e sezacife ,siarutan soid©Ãmer moc sailÃmaf sasson raruc e ratart mereuq euq s³Än ed seleuqa arap etneserp ednarg mu ofÃs siaicnesse soel³Å sO .adazilitu lam es à ozarp ognol a acitÄrc lanitsetni edºÃas a razilaer ed m©Äla à soin 'Ämroh raretla e sacigr©Ãla sejüÃ§Ãaer rabrecaxe ,sofÃgr³Å ed sonad rigilfni medop sam ,etnematerroc odasu es raruc a raduja etnemasoredop medop sotsopmoc setse ,odaniert lanoissiforp mu ed odadiuc o bos sodamot odnauQ .ohcirkpac mu moc uo etnemevel sodavel res meved ofÃn sele euq rezid a uotse ªÄS !etnemanretni sodamot res meved ofÃn siaicnesse soel³Å so euq rezid oreuq ofÃN .lairovaheb samelborp omoc ©Ãta e ,osovren ametsis ,elep an samelborp omoc sezev satium ,oproc o odot matneserpa onitsetni on soirbÄliquesed so euq E lareg edºÃas asson a etnemacitsard atefa onitsetni osson od edºÃas a euq somebas ,mahnepmesed sair©Ätcab sair;Äv sasse sadot si©Ãpap

13.06.2018 · This printable binder set has 5 sections and 150 total pages to let you create the perfect organizing system for you. Whether you are new to essential oils or a seasoned pro, you'll find space to keep all of your essential ... 04.06.2018 · Here are some of our favorite oils and their top uses! 1. Lavender essential oil Lavender essential oil was the first oil produced at Young Living and is a favorite for its calming, floral aroma. See our All About Lavender ... Essential oil chart for uses entire list - for more information choose the oil your interested in - Allspice - Amyris - Angelica Root - Anise - Arborvitae - Basil - Bay - Bergamot - Birch - Black Pepper - Blood Orange - Blue Tansy - Cajeput - Caraway - Cardamom - Carrot Seed - Cassia - Cedarwood - Cedarwood (Himalayan) - Celery Seed 24.07.2021 · Check out a sneak peek of what you will find in the guide. Sign Up to Receive Your Printable Aromatherapy Basics Guide Explore Our Products Below After Burn - Sun Burn Rescue Lotion Rated 5.00 out of 5 \$ 12.80 - \$ 16.00 ... Tea Tree: Also known as melaleuca, tea tree oil has long been one of the most favored essential oils around. Functioning as a powerful antiseptic, it's used to calm insect stings and reduce mild to moderate acne. † 12.08.2019 · Essential oils are commonly used to make cosmetics, incense, perfumes and soaps. Hundred percent natural essential oils are a great replacement for non-green commercial perfumes and a perfect addition to an ... Therapeutic Quality Essential Oils, Enfleurage Oils & Absolutes bottled in USA -20% Diffusers Candle Diffuser \$ 10 \$ 8 Select options -17% Essential Oils Cedarwood Atlas Essential Oil Rated 5.00 out of 5 \$ 10 - \$ 63 Select options -17% Essential Oils Celery Seed Essential Oil \$ 15 - \$ 214 Select options -17% Essential Oil Kits & Collections Cardamom(*Elettaria cardamomum*) is a warm spicy, yet sweet smelling essential oil. It is believed to be mentally stimulating and to help aid concentration, increase focus, and reduce drowsiness. Cardamom has traditionally been used to soothe digestive issues like heartburn and indigestion, and to support a healthy respiratory system. Combine the Vita Flex technique with 1-3 drops of essential oil. Apply it to the reflex points, the areas of the feet that correspond to the parts of the body that need support. Vita Flex Foot Chart using Young Living Essential Oils Top of ...

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