

Roller Ball Blends

USING YOUNG LIVING ESSENTIAL OILS IN THE P.S.K.

Work-out Roller

10 Drops Panaway
10 Drops Peppermint
3 Drops Copaiba
30 Drops Carrier Oil
EXTRA STRENGTH
10 Drops Lemongrass

Deep Sleep

10 Drops Lavender
10 Drops Stress Away
10 Drops Lemon
30 Drops Carrier Oil
EXTRA STRENGTH
10 Drops Cedarwood
10 Drops Orange

Breathe Easy

10 Drops R.C.
10 Drops Peppermint
10 Drops Lemon
30 Drops Carrier Oil
EXTRA STRENGTH
10 Drops Raven

Happy Momma

10 Drops Lavender
10 Drops Stress Away
30 Drops Carrier Oil

Wellness Blend

10 Drops Thieves
10 Drops Lemon
5 Drops Frankincense
30 Drops Carrier Oil
EXTRA STRENGTH
5 Drops Oregano

Happy Tummy

10 Drops DiGize
5 Drops Peppermint
30 Drops Carrier Oil

Uplifting

2 Drops Lemon
2 Drops Grapefruit
2 Drops Orange
30 Drops Carrier Oil

Ouchy Roller

10 Lavender
5 Drops Frankincense
30 Drops Vitamin E Oil
EXTRA STRENGTH
10 Drops Tea Tree

Wake-up Blend

10 Drops Peppermint
5 Drops Lemon
20 Drops Carrier Oil

Rollerball Instructions

To make these you will need a glass roller bottle in a dark color. Try to avoid using clear bottles since they won't protect the essential oils from light. Also, it is recommended to get bottles with a stainless steel ball in them. Remove ball top from the bottle by removing the insert from the bottle [a butter knife works well for this]. Add the oils first, followed by the carrier oil. Place rollerball top back on bottle [make sure it clicks into place] and roll in your hands several times to blend the oils. ENJOY USING YOUR NEW BLENDS!

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