

# STOP ANXIETY

## roller bottle

4 drops frankincense  
4 drops lavender  
3 drops patchouli

Add essential oils to the roller bottle and fill the rest of the way with fractionated coconut oil.

Apply this to your temples, wrists, the back of your neck, or feet to help with anxiety.

# IMMUNE BOOSTER

## roller bottle

3 drops wild orange  
3 drops cinnamon  
3 drops eucalyptus  
3 drops clove

Add essential oils to the roller bottle and fill the rest of the way with fractionated coconut oil.

Apply this to the bottoms of feet to support the immune system when sickness is going around.

# CLEAR SKIN

## roller bottle

4 drops melaleuca  
3 drops frankincense  
3 drops lavender

Add essential oils to the roller bottle and fill the rest of the way with fractionated coconut oil.

Use as a spot treatment for acne, or daily for healthy skin.

# SLEEPY TIME

## roller bottle

4 drops lavender  
3 drops roman chamomile  
3 drops vetiver

Add essential oils to the roller bottle and fill the rest of the way with fractionated coconut oil.

Use on the bottoms of feet to promote relaxation and healthy sleep.