

ENERGIZE

roller bottle

4 drops wild orange
3 drops lemon
3 drops grapefruit

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

Apply this to your temples, wrists or the back of your neck when more energy is desired.

JUST BREATHE

roller bottle

4 drops eucalyptus
3 drops peppermint
3 drops lemon

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

Apply this to the bottoms of your feet, or chest, when you need respiratory support.

LIP GLOSS

roller bottle

4 drops lemon
4 drops lavender

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

Use this roller bottle to add a little shimmer to your lips, and nourish them at the same time.

TUMMY TAMER

roller bottle

3 drops ginger
3 drops peppermint
3 drops fennel
3 drops lavender

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

Apply over abdomen when digestive relief is desired. This blend is great for bloating, cramps and constipation.