

Essential Oil Roller Ball Recipes

1. **Sore Muscles:** 20 drops lemongrass + 20 drops white fir + fill 10ml bottle with fractionated coconut oil

2. **Winter Warm Up:** 6 drops cinnamon + fill 10ml bottle with fractionated coconut oil

3. **Stop the Itch:** 18 drops lavender + 10 drops tea tree + fill 10ml bottle with fractionated coconut oil

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