

# Essential Oils Wellness Blends

## Roller Bottles:

### Flu Shot Roller

20 Oregano

40 Lemon

30 OnGuard

Combine all ingredients in a 10 ml roller ball and fill to top with FCO.

Apply on throat, behind ears, and bottom of feet.

### Arthritis Blend

15 drops Frankincense

20 drops DeepBlue

4 drops Lavender

Combine all ingredients in a 10 ml roller ball and fill to top with FCO.

Roll on painful joints. Use as often as needed for relief.

### Allergy Relief

20 drops Lemon

20 drops Lavender

20 drops Peppermint

Combine all ingredients in a 10 ml roller ball and fill to top with FCO.

Use this blend to ease the symptoms of seasonal allergies; stuffy nose, tight sinuses, itchy eyes, headaches, dry cough.

Roll on back of neck, rub on hands and inhale deeply, place directly under or over bridge of nose. Use as often as needed for relief.

FCO=Fractionated Coconut Oil

## **Spray Bottles:**

### **Lift My Spirits**

10 drops Lavender

10 drops Lemon

Put in a spray bottle and fill to top with Distilled Water.

### **Sleep Tight**

5 drops OnGuard

5 drops Frankincense

5 drops Lavender

Put in a spray bottle and fill to top with Distilled Water.

### **Wake Me Up**

10 drops Peppermint

10 drops Lemon

Put in a spray bottle and fill to top with Distilled Water

## **Veggie Caps:**

### **Cold and Flu Bomb**

5 drops Melaleuca

5 drops OnGuard

5 drops Oregano

Add to empty gel capsule.

Take every 2 hours. Half the dose for children and apply to bottom of feet.