

21 Summer Roller Bottle Blends

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"Bug Repellent" Roller Bottle Recipe

Help keep mosquitoes, flies, ticks, and other bugs away with this blend of lemon eucalyptus, geranium, and lavender essential oils.

8 drops lemon eucalyptus essential oil

4 drops geranium essential oil

3 drops lavender essential oil

Then fill rest of a 10 ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: apply a little to top of head, back of neck, arms, and calves/ankles. Rub in well. Reapply as needed.

This is a 7.5% dilution.

"Itch Relief" Rollerball Blend

Got a bug bite or other itch? This blend of essential oils helps calm the skin, soothe skin irritations, and reduce itching.

4 drops lavender essential oil

2 drops frankincense essential oil

2 drops peppermint essential oil

1 drop tea tree essential oil

1 drop lemon essential oil

Then fill rest of 10ml roller bottle with tamanu oil. Tamanu oil has natural antibacterial and anti-inflammatory properties that help reduce itching. (if you don't have tamanu oil, you can substitute with another liquid carrier oil like fractionated coconut oil, apricot kernel oil, or sweet almond oil). Snap on the rollerball and shake well to mix.

To use: apply a little to top of head, back of neck, arms, and calves/ankles. Rub in well. Reapply as needed.

This is a 5% dilution.

"Deodorant" Roller Bottle Recipe

Cypress, lemongrass, and lavender help prevent bacterial growth and body odor. Plus lemongrass has a fresh, clean scent making it a great natural deodorizer.

4 drops cypress essential oil

3 drops lemongrass essential oil

3 drops lavender essential oil

Then fill rest of a 10 ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: apply to underarms

This is a 5% dilution.

"At the Beach" Rollerball Recipe

The combination of lavender and spearmint is both calming and refreshing. Plus its scent is reminiscent of a gentle ocean breeze - one of the very best smells of summer in my opinion. Makes me feel relaxed just thinking of spending time by the sea.

6 drops lavender essential oil

4 drops spearmint essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: apply to inner wrists, rub them together, and then bring wrists close to nose and breathe in deeply for several counts followed by exhaling for several counts.

This is a 5% dilution.

"Beat the Heat" Roller Bottle Blend

Cooling and refreshing - makes a hot summer day feel a little bit cooler

3 drops peppermint essential oil

3 drops spearmint essential oil

2 drops eucalyptus essential oil

2 drops lavender essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: apply to the back of neck and upper chest

This is a 5% dilution.

"Motion Sickness" Roller Bottle Recipe

Helps prevent carsickness, seasickness, and other motion sickness (such as from being on spinning amusement park rides)

5 drops peppermint essential oil

3 drops lavender essential oil

2 drops ginger essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: apply to inner wrists, rub them together, and then bring wrists close to nose and breathe in deeply for several counts followed by exhaling for several counts.

This is a 5% dilution.

"Jet Lag" Roller Bottle Blend

Energizing, uplifting to the mind and body. Helps wake you up and re-set your body clock.

2 drops sweet or wild orange essential oil

2 drops frankincense essential oil

2 drops peppermint essential oil

2 drops eucalyptus essential oil

2 drops rosemary essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

This is a 5% dilution.

"Deep Sleep" Rollerball Recipe

Need to recover from jet lag or just a hectic week? This powerful blend of lavender, cedarwood, and vetiver helps with falling asleep and staying asleep.

4 drops lavender essential oil

3 drops cedarwood essential oil

3 drops vetiver essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: apply to inner wrists and upper chest. If you don't care for the scent, apply to bottom of feet and cover with socks.

This is a 5% dilution.

"Stress Relief" Rollerball Recipe

This is one of my favorite blends! Eucalyptus clears the mind while spearmint uplifts. Relaxing and it smells great.

5 drops eucalyptus essential oil

5 drops spearmint essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

This is a 5% dilution.

"Headache and Tension" Roller Bottle Blend

Relaxes, calms, and eases head and neck tension.

5 drops lavender essential oil

3 drops peppermint essential oil

2 drops eucalyptus essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: start by applying to where back of head meets neck. Then apply to the temples on sides of forehead, being careful to not get it in eyes. Gently massage in. I also apply a little to my inner wrists, rub them together, and then bring my wrists close to my nose and breathe in deeply for several counts followed by exhaling for several counts.

"Grounding" Rollerball Recipe

Promotes harmony and balance

3 drops spruce essential oil

3 drops cedarwood essential oil

2 drops juniper berry essential oil

2 drops white fir essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

to use: apply over heart and to pulse points behind ears and on wrists. rub wrists together and deeply inhale aroma, making an effort to breath deeply and intentionally for several seconds.

This is a 5% dilution.

"Foot Cooling" Rollerball Recipe

Hot, tired, and swollen feet? Cypress helps increase circulation, reduces swelling, and deodorizes feet. Peppermint cools and freshens.

5 drops cypress essential oil

5 drops peppermint essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: apply to feet and rub in well. note: as with anytime you apply oil or lotion to feet, be careful walking on slippery surfaces.

This is a 5% dilution.

"Vertigo" Roller Bottle Blend

Frankincense and lavender calm overactive nerves, while cypress increases blood flow, peppermint improves the airways, and ginger can lessen dizziness and nausea.

2 drops frankincense essential oil

2 drops lavender essential oil

4 drops cypress essential oil

1 drop ginger essential oil

1 drop peppermint essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: start by applying to where back of head meets neck. Gently massage in. Then apply behind the ears and down the jawline.

This is a 5% dilution.

"Tummy Tamer" Rollerball Recipe

Too much cotton candy, ice cream, or fried food on a stick from the county fair? Try this blend of ginger, fennel, and peppermint to ease nausea and upset stomachs.

4 drops ginger essential oil

3 drops fennel essential oil

3 drops peppermint essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: apply to stomach

This is a 5% dilution.

"Cellulite" Rollerball Blend

This blend helps reduce the appearance of cellulite by decreasing water retention, improving circulation, and eliminating toxins that have built up.

4 drops juniper berry essential oil

3 drops cypress essential oil

3 drops geranium essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: apply to cellulite and rub in

This is a 5% dilution.

"Varicose & Spider Veins" Roller Bottle Recipe

Helps to improve circulation and strengthen the capillary walls in your blood vessels.

6 drops cypress essential oil

2 drops helichrysum essential oil

2 drops geranium essential oil

2 drops frankincense essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: apply to effected area and rub in

This is a 6% dilution.

"Anti-Aging" Roller Bottle Blend

Frankincense can even skin tone and reduce the appearance sun spots (a.k.a. age spots), lavender helps calm skin that's been overexposed to the sun, and helichrysum minimizes the appearance of fine lines and wrinkles.

3 drops frankincense essential oil

3 drops helichrysum essential oil

4 drops lavender essential oil

Then fill rest of 10ml roller bottle with a carrier oil (jojoba, rosehip seed oil, or argan oil would be great in this blend). Snap on the rollerball and shake well to mix.

To use: gently apply to forehead, under eyes, and over fine lines and wrinkles. Be sure to avoid eyes. Use ring finger to massage in to skin using gentle upward circular motions.

(note: if oil does get in the eyes, do not use water to try to get the oil out; water will drive the oil further in. Instead dab the eye with an oil or splash the eyes with whole milk to dilute the oil.)

This is a 5% dilution.

"Muscle Soother" Roller Bottle Blend

for sore muscles following exercise or summer adventures

3 drops wintergreen essential oil

3 drops peppermint essential oil

2 drops juniper berry essential oil

2 drops lemongrass essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: We roll this directly on the sore muscles and rub in.

This is a 5% dilution.

"Owie" Roller Bottle Recipe

Helps skin recover from minor cuts, bruises, or burns

3 drops lavender essential oil

3 drops frankincense essential oil

3 drops tea tree essential oil

2 drops helichrysum essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: To try to keep the roller ball clean, we will roll the owie stick blend onto clean fingers and then apply it to the skin with the owie.

This is a 5% dilution.

"Immune Booster" Rollerball Blend

Supports healthy immune function

2 drops oregano essential oil

2 drops tea tree essential oil

2 drops lemon essential oil

2 drops frankincense essential oil

2 drops cinnamon essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: We roll this on the bottom of our feet, let to soak in, and then cover with socks.

This is a 5% dilution.

"Seasonal Allergies" Roller Bottle Blend

For seasonal and environmental threats

3 drops lavender essential oil

3 drops lemon essential oil

3 drops peppermint essential oil

Then fill rest of 10ml roller bottle with fractionated coconut oil. Snap on the rollerball and shake well to mix.

To use: We typically roll this onto the pulse points behind our ears and in our wrists, then we rub wrists together and inhale.

This is a 5% dilution.

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