



Let's Get Rolling!

Focus Blend

- 10 drops Lavender
- 10 drops Cedarwood
- 5 drops Vetiver

Sweet Sleep Blend

- 10 drops Lavender
- 10 drops Cedarwood
- 10 drops Valor

Seasonal Relief

- 6 drops Peppermint
- 12 drops Lavender
- 12 drops Lemon
- 5 drops Copaiba



Blend oils together in roller bottle and fill to the top with carrier oil.