



your OILY WELLNESS Guide

ears

A COUPLE DROPS OF TEA TREE OR MELROSE ON A COTTON BALL AND PUT IN EAR
*NEVER PUT OILS DIRECTLY IN EAR

ear roller

ADD OILS TO A ROLLER THEN TOP WITH A CARRIER OIL

10 DROPS LAVENDER
5 DROPS COPAIBA
5 DROPS FRANK
10 DROPS TEA TREE
5 DROPS PURIFICATION
1 DROP OREGANO

ROLL BEHIND AND ALL AROUND OUTER EAR, WHEN YOU FEEL INDENT BEHIND EAR MASSAGE DOWNWARD TO HELP DRAIN



temperature rising

IN PALM OF HAND ADD 2 DROPS PEPPERMINT AND 2 DROPS FRANKINCENSE TO A DOLLOP OF CARRIER OIL AND RUB DOWN SPINE, BACK OF NECK AND AROUND NAVEL
USE EVERY 30 MINUTES

baby teeth roller

ADD OILS TO A ROLLER THEN TOP WITH A CARRIER OIL
5-10 DROPS LAVENDER AND COPAIBA
RUB ON JAWLINE, YOU CAN ALSO RUB COPAIBA DIRECTLY TO GUMS OR CLOVE FOR ADULTS

tummy trouble rollers

ADD OILS TO A ROLLER THEN TOP WITH A CARRIER OIL
20 DROPS DIGIZE
10 PEPPERMINT
OR USE TUMMYGIZE

IF THINGS ARE MOVING UPWARD ADD GINGER AND NUTMEG FOR EXTRA SUPPORT!

chest support roller

ADD OILS TO A ROLLER THEN TOP WITH A CARRIER OIL
10 DROPS LEMON
10 DROPS RAVEN
10 DROPS FRANK

throat

GARGLE OR SPRAY THIEVES MOUTHWASH AS NEEDED

chest support vapor rub

IN PALM OF HAND ADD 2 DROPS PEPPERMINT AND 2 DROPS RAVEN TO A DOLLOP OF CARRIER OIL AND RUB ON CHEST, BACK AND THROAT AS NEEDED



head tension

IN PALMS OF HAND ADD 2 DROPS PANAWAY AND PEPPERMINT TO DOLLOP OF CARRIER OIL AND MASSAGE INTO TEMPLES, HEAD AND NECK

seasonal support roller

ADD OILS TO A ROLLER THEN TOP WITH A CARRIER OIL
10 DROPS LAVENDER
10 DROPS LEMON
10 DROPS PEPPERMINT
8 COPAIBA

MAKE A soothing thieves tea

1 DROP THIEVES
2 DROPS LEMON
FAVORITE TEA BLEND
HONEY



RAMP UP YOUR immune support

BY DIFFUSING
4 LEMON
4 THIEVES
4 FRANKINCENSE

ROLL ON THIEVES ROLLER, USE THIEVES COUGH DROPS AND TAKE INNER DEFENSE WHEN YOU'RE NEEDING EXTRA SUPPORT!

FOR ALL RECIPES DO HALF AMOUNT OF OILS FOR KIDS BUT SAME AMOUNT OF CARRIER OIL

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