

BLISSED MAMA'S ROLLER BOTTLE RECIPES



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WELCOME

About the Author

Hi, I am Rigel! I have been interested in essential oils ever since I was a child. When I was 10 years old I remember checking out an “herbs and essential oils” book from the library and studying it from cover to cover. I was

so inspired I began creating my own “book” in an old spiral bound notebook the very next day. My notebook contained imperfect drawings of plants and flowers with the health properties of each scribbled next to the drawings. My mom and best friend were convinced that I would become an aromatherapist someday.

While I didn’t become an aromatherapist, I did leave my career as an occupational therapist in 2012 to pursue a holistic-based business educating people about the therapeutic benefits of essential oils. Since 2012, I have traveled all over the world sharing these amazing gifts of the earth. I believe everyone deserves to experience good health, joy, and abundance in their lives, for me essential oils are an important part of this process.

In my free time you can find me with my family traveling or exploring the great outdoors. You will discover many essential oils in our backpacks such as muscle soothing blends and peppermint for my husband, lavender and roman chamomile for our daughter, and citrus or earthy grounding blends for me.

I have written this roller bottle ebook to share with you some of my favorite recipes specific to roller bottles . For more inspiration and recipes visit my blog at:

BlissedMama.com

CHAPTER 1

WHAT ARE ESSENTIAL OILS?



Essential oils are natural aromatic compounds found in flowers, seeds, stems, bark and other parts of plants. When you pierce the peel of an orange, rub fresh rosemary leaves together in your hands, or inhale the aroma of a rose you are experiencing essential oils. Essential oils have been used for a variety of health and wellness applications throughout history. The Egyptians were some of the first people to

use essential oils extensively for their medicinal properties, beauty treatments, food preparation and spiritual practices. Essential oils such as frankincense, sandalwood, myrrh and cinnamon were considered so valuable they were exchanged for gold along the caravan trade routes.

Today, we still enjoy many of the same properties from essential oils as the Egyptians did in ancient times. Modern day essential oils go beyond the perfume industry as health scientists and medical practitioners continue to research and validate the numerous health and wellness benefits of therapeutic grade essential oils.

The quality of essential oils will impact their effectiveness. In order to get a therapeutic effect with your essential oil be sure you are using a therapeutic grade essential oil that is 100% pure AND potent. A high quality therapeutic grade essential oil will

also come with a higher price tag as they are void of fillers, free from contaminants, harvested in the right growing conditions, and ethically sourced. It takes many pounds, sometimes even hundreds of pounds of plant material to make one 15ml bottle of therapeutic grade essential oil. Low cost oils are often diluted with fillers, synthetically created or support poverty during sourcing.

The below checklist will help you identify if you have a high quality therapeutic grade essential oil:

High Quality Essential Oil Checklist

- No fillers
- No contaminates or toxins
- No synthetic oils added
- Grown in the ideal environment
- Harvested at the right moment
- The correct plant material selected (bark vs. flowers. vs. other plant material)
- Heated at the appropriate temperature
- Steam has been circulated the right way, at the right pressure
- Cooled at the ideal rate
- Efficacy tested for its purity and therapeutic grade qualities
- Carefully controlled extraction process
- Only aromatic, pure extracts are gathered - no ineffective compounds
- Tested for balance levels of aromatic compounds
- Gas Chromatography and Mass Spectrometry tested
- Ethically and sustainably sourced

3 Ways to Use Essential Oils

Aromatic

Essential oils, when diffused or inhaled, can be very stimulating, while others can be calming and soothing. Diffusing essential oils can also cleanse and purify the air. To get the greatest therapeutic effect while diffusing, be sure to use an ultrasonic diffuser.

Topical

Essential oils are easily absorbed by the skin and many can be safely applied topically when used in conjunction with a carrier oil, such as fractionated coconut oil. My favorite place to put essential oils is on the bottoms of my feet. Avoid putting essential oils in your ears, nose, or eyes.

Internal

Certain essential oils have a rich culinary history and can be used as dietary supplements supporting a variety of health conditions. Check the label to identify if your essential oil is safe for internal use.

How do you use essential oils? Essential oils are used for a wide range of physical and emotional applications. They can be used as a single oil or oil blend in one or more of the following methods.

In the remainder of this book, I am going to teach you how to use essential oils topically by making your own essential oil blends in roller bottles! Roller bottle blends are a fun and effective way to combine various essential oils for either a desired therapeutic effect or a specific aroma.

Let's get rolling shall we!

CHAPTER 2

HOW TO MAKE A ROLLER BOTTLE BLEND



Making a roller bottle blend can be as simple as combining a few of your favorite essential oils into a roller bottle and topping it with a carrier oil such as, fractionated coconut oil to achieve either a desired therapeutic effect or specific aroma.

[Click here to check out this short video to see how easy it is to make your first roller bottle!](#)

Supplies Needed:

- 10ml roller bottles ([where to buy](#))
- labels (where to buy - [single oil stickers](#) or [DIY waterproof labels](#))
- fractionated coconut oil, carrier oil ([where to buy](#))
- high quality essential oils ([where to buy](#))


I use doTERRA essential oils in my blends but have made these recipes using single oils for those using alternative brands. If you are interested in [purchasing doTERRA oils at wholesale prices you can learn more on my blog here.](#)

CHAPTER 3

DILUTION GUIDELINES

Diluting an essential oil with a carrier oil such as a fractionated coconut oil helps to decrease skin sensitivity and increase absorption into the skin. It is always a good idea to dilute your essential oils with a carrier oil and use appropriate dilution ratios for age.

The recipes in this book are designed for use on healthy adults. Below is a dilution chart for your reference to adjust the roller bottle blend ratios as needed.



Quick
Dilution GUIDE

	5ml BOTTLE	10ml BOTTLE	
0.5%	less than a drop	1 drop	0-12 months
1%	1.5 drops	3 drops	1-5 years
2%	3 drops	6 drops	
3%	4.5 drops	9 drops	
4%	6 drops	12 drops	
5%	7.5 drops	15 drops	
10%	15 drops	30 drops	6-11 years
25%	1:3 ratio (drops of EO to carrier oil)	1:3 ratio (drops of EO to carrier oil)	12-17 years
50%	1:1 ratio (drops of EO to carrier oil)	1:1 ratio (drops of EO to carrier oil)	

GOOD TO KNOW:
1 tsp = 5ml = 1/6 oz
2 tsp = 10 ml = 1/3 oz

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HELPFUL NOTE:
Whatever concentration you choose, it is recommended to first do a "patch test" for any new oils before using.

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HELPFUL NOTE:
Always start with the minimum amount of oils. You can always add more if you feel it's necessary.

source: rollerballmakeandtake.com

CHAPTER 4

ROLLER BOTTLE RECIPES

SWEET DREAMS

3 DROPS VETIVER
12 DROPS LAVENDER
5 DROPS CEDARWOOD
5 DROPS WILD ORANGE
2 DROPS ROMAN
CHAMOMILE

ADD TO 10ML ROLLER BOTTLE AND TOP
WITH FRACTIONATED COCONUT OIL.
ROLL ON BOTTOMS OF FEET BEFORE BED

FOCUS

4 DROPS ROSEMARY
10 DROPS PEPPERMINT
10 DROPS WILD ORANGE

ADD TO 10ML ROLLER BOTTLE AND TOP
WITH FRACTIONATED COCONUT OIL.
APPLY TO TEMPLES, WRISTS, AND INHALE
AS NEEDED.

TUMMY TAMER

5 DROPS GINGER
8 DROPS PEPPERMINT
5 DROPS FENNEL
6 DROPS LEMON

ADD TO 10ML ROLLER BOTTLE AND TOP
WITH FRACTIONATED COCONUT OIL.
ROLL ON BELLY AS NEEDED.

ENERGIZE

8 DROPS LIME
5 DROPS SPEARMINT
10 DROPS TANGERINE

ADD TO 10ML ROLLER BOTTLE AND TOP
WITH FRACTIONATED COCONUT OIL.
APPLY TO TEMPLES, WRISTS, AND INHALE
AS NEEDED.

ROLLER BOTTLE RECIPES

IMMUNE BOOST

3 DROPS CINNAMON

4 DROPS CLOVE

5 DROPS ROSEMARY

6 DROPS LEMON

7 DROPS MELALEUCA

3 DROPS OREGANO

ADD TO 10ML ROLLER BOTTLE AND TOP
WITH FRACTIONATED COCONUT OIL.
ROLL ON BOTTOMS OF FEET AS NEEDED.

SOOTHE

8 DROPS MELALEUCA

12 DROPS LAVENDER

6 DROPS ROMAN
CHAMOMILE

ADD TO 10ML ROLLER BOTTLE AND TOP
WITH FRACTIONATED COCONUT OIL.
APPLY TO BUMPS, CUTS, SCRAPES, AND
SKIN IRRITATIONS AS NEEDED..

BUG OFF

7 DROPS PEPPERMINT

8 DROPS LAVENDER

10 DROPS LEMONGRASS

8 DROPS CEDARWOOD

2 DROPS GERANIUM

ADD TO 10ML ROLLER BOTTLE AND TOP
WITH FRACTIONATED COCONUT OIL.
ROLL ON TO REPELL BUGS.

HEADACHES

11 DROPS COPIABA

11 DROPS PEPPERMINT

7 DROPS FRANKINCENSE

6 DROPS LAVENDER

ADD TO 10ML ROLLER BOTTLE AND TOP
WITH FRACTIONATED COCONUT OIL.
ROLL ON TEMPLES AND BACK OF NECK AS
NEEDED. KEEP AWAY FROM EYES.

ROLLER BOTTLE RECIPES

SEASONAL RELIEF

8 DROPS LEMON

8 DROPS LAVENDER

8 DROPS PEPPERMINT

5 DROPS MELALEUCA

ADD TO 10ML ROLLER BOTTLE AND TOP WITH FRACTIONATED COCONUT OIL. ROLL ON BOTTOMS OF FEET AND INHALE DAILY DURING TIMES OF HIGH POLLEN.

MUSCLE ACHES

10 DROPS HELICHRYSUM

10 DROPS COPIABA

10 DROPS WINTERGREEN

10 DROPS LEMONGRASS

ADD TO 10ML ROLLER BOTTLE AND TOP WITH FRACTIONATED COCONUT OIL. ROLL ON MUSCLE ACHES AS NEEDED.

NAUSEA

6 DROPS GINGER

8 DROPS PEPPERMINT

6 DROPS LAVENDER

ADD TO 10ML ROLLER BOTTLE AND TOP WITH FRACTIONATED COCONUT OIL. APPLY TO WRISTS AND INHALE AS NEEDED.

CONFIDENT SPEECH

8 DROPS SPEARMINT

11 DROPS LAVENDER

3 DROPS LEMON

ADD TO 10ML ROLLER BOTTLE AND TOP WITH FRACTIONATED COCONUT OIL. APPLY TO THROAT AS NEEDED. WORKS GREAT BEFORE PRESENTATIONS!

ROLLER BOTTLE RECIPES

CHILL OUT

8 DROPS WILD ORANGE
8 DROPS FRANKINCENSE
4 DROPS ROMAN
CHAMOMILE

ADD TO 10ML ROLLER BOTTLE AND TOP
WITH FRACTIONATED COCONUT OIL.
APPLY TO WRISTS AND INHALE AS NEEDED
DURING TIMES OF STRESS.

LIGHT

4 DROPS YLANG YLANG
8 DROPS BERGAMOT
3 DROPS CINNAMON
2 DROPS SANDALWOOD

ADD TO 10ML ROLLER BOTTLE AND TOP WITH
FRACTIONATED COCONUT OIL.
ROLL ON WRISTS AND BACK OF NECK WHEN
FEELING DOWN..

BREATHE EASY

6 DROPS LIME
5 DROPS PEPPERMINT
5 DROPS EUCALYPTUS
8 DROPS COPIABA
6 DROPS MELALEUCA

ADD TO 10ML ROLLER BOTTLE AND TOP WITH
FRACTIONATED COCONUT OIL.
ROLL ON CHEST AS NEEDED DURING TIMES OF
CONGESTION AND TO SUPPORT A HEALTHY
RESPIRATORY SYSTEM.

IN THE MOOD

4 DROPS YLANG YLANG
8 DROPS BERGAMOT
3 DROPS CINNAMON
2 DROPS SANDALWOOD

ADD TO 10ML ROLLER BOTTLE AND TOP WITH
FRACTIONATED COCONUT OIL.
ROLL ON WRISTS AND BACK OF NECK FOR A
ROMANTIC NIGHT.

THANK YOU

Thank you for reading! Please enjoy your new blends and the benefits you will experience from using high quality essential oils.

If you would like to **purchase doTERRA essential oils at wholesale pricing** you can read more on my blog about wholesale pricing options or visit **my doTERRA shop page**.

If you would like more essential oil inspiration or to **access my free essential oil ecourse**, be sure to visit **BlissedMama.com**.



Peace, Love, & Oils,

Rigel Smith

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