

The Best Stress- Relieving Roller Blends



Top 10 Essential Oils to
blend to relieve stress:

- **SPEARMINT**
- **EUCALYPTUS GLOBULUS**
- **GRAPEFRUIT**
- **LAVENDAR**
- **LEMON**
- **YLANG YLANG**
- **CLARY SAGE**
- **JASMINE**
- **CHAMOMILE**
- **SWEET ORANGE**



CLOVE + CHAI



CHILL OUT

- 4 drops Lavender
- 4 drops Frankincense
- 1 drop Bergamot
- 1 drop Ylang Ylang



FRAYED NERVES

- 6 drops Geranium
- 5 drops Sweet Orange
- 4 drops Lavender
- 3 drops Clary Sage



CALM AMIDST THE STORM

- 10 drops Roman Chamomile
- 5 drops Lavender
- 3 drops Vetiver

CLOVE + CHAI



MELLOW ME

- 4 drops Juniper Berry
- 4 drops Vetiver
- 2 drops Cedarwood



CALM & COLLECTED

- 12 drops Basil
- 6 drops Peppermint

FINDING BALANCE

- 7 drops Spikenard
- 5 drops Sweet Orange
- 2 drops Lavender
- 2 drops Vetiver
- 2 drops Sandalwood

CLOVE + CHAI



FLOAT AWAY

- 8 drops Neroli
- 4 drops Lavender
- 3 drops Ylang Ylang
- 3 drops Marjoram



I'M SUPER STRESSED!

- 6 drops Ylang Ylang
- 5 drops Patchouli
- 4 drops Lavender
- 3 drops Cedarwood
- 2 drops Sweet Orange

Drop essential oils into a 10-ml roller bottle and top off with your favorite carrier oil. Cap and shake gently to combine. Apply to wrists, back of neck, temples, bottoms of feet, over your heart, or inhale deeply into cupped hands.

CLOVE + CHAI

