

Immunity Roller Bottle Blend



Fall is just around the corner, as well as everyone getting back into routine with school, activities and getting back to work after summer vacation.

This is a roller that our family uses throughout the winter season, it's just a nice immunity boost to have in your purse or pocket.

So simple to make on your own, here's what we use to create it!

For an adult roller bottle dilution

10 ml glass roller bottle

Carrier oil of choice (Fractionated coconut or Sweet Almond Oil are good choices)

8 drops Purification Essential Oil

15 drops Thieves Essential Oil

8 drops Frankincense Essential Oil

5 drops Lemon Essential Oil

5 drops Oregano Essential Oil

For a child roller bottle dilution (ages 3-8)

10 ml glass roller bottle

Carrier oil of choice (Fractionated coconut or Sweet Almond Oil are good choices)

5 drops Purification Essential Oil

5 drops Thieves Essential Oil

3 drops Frankincense Essential Oil

3 drops Lemon Essential Oil

1 drop Oregano Essential Oil

Drop essential oils into roller bottle. Fill the remainder of the bottle with your carrier oil of choice. Make sure that you leave enough room to add the roller ball top. Add cap to seal.

Gently roll the bottle to blend the oils. Roll blend on the bottom of the feet twice daily.

Recipe from "Oil + Glass" Recipes using Essential Oils for Healthy Living by Yael Marmar and Johanna Katz