Hart Circle

A HART CIRCLE HOW-TO

Assemble Your Blends

what to have on hand, and what order to do it in

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WELCOME, FRIEND

Before you start

The recipes tell you what goes in the bottle. This guide tells you how to actually assemble it.

That's the whole job. Which bottle, what to have sitting on the table with you, what order things go in, and how to take care of it all afterward. Nothing about choosing a blend or building one from scratch.

I want to say one thing before you make your first bottle. This is easier than it looks. There are 4 steps, none of them are hard, and by your second bottle you'll be doing it without reading anything at all. I still love the moment the carrier oil goes in and the crystals settle underneath it. That part never gets old.

Read this through once, then keep it somewhere you can find it again. You'll want it the first time you go to clean a bottle out and start something new in it.

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YOUR SUPPLIES

What to have on hand

None of this is special equipment. Most of it is already in your kitchen.

The basics

- **A recipe in front of you**, whichever one you're making
- **A 10 ml glass roller bottle**, one for each blend
- **A roller bottle opener tool**
- **The essential oils your recipe calls for**
- **The carrier oil your recipe calls for**
- **Your crystal chips**

If you're making a more diluted version

- **A small glass container to mix in**
- **Extra roller bottles.** A mixed batch fills more than one

For getting the oil in

- **A pipette or dropper marked in milliliters**, or a small funnel. The essential oils drip straight from their own bottles, so this is only for the carrier. **Get one with the markings on it if you can.** They're how you know how much carrier oil went in, which matters when you're mixing a gentler batch and any time you want to make the same thing again

For washing your chips

- **Distilled water.** Not tap
- **A small bowl, or a little sieve**
- **A clean towel or a few sheets of paper towel**

For finishing it

- **Something to label with, and a pen that writes on it**
- **Anything you want to decorate with.** Ribbon, a sticker, a bit of twine. Skip this entirely if it isn't your thing

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THE BOTTLE

Your bottle

Glass, always. Not plastic. Essential oils are solvents, which is a fancy way of saying they slowly dissolve things, and plastic is one of them. A plastic bottle degrades over time.

10 ml is the size to buy. It holds 200 drops, and it's the size most recipes are written for. Other sizes exist and you'll rarely need one.

Dark glass or clear?

Amber and cobalt blue are the ones you see everywhere, and there's a reason. **Dark glass filters the UV light that ages oil. Clear glass doesn't.**

But it's light that dark glass protects against, and some of your bottles never see any. The one in your nightstand drawer. The one in the bathroom cabinet. One you know you'll finish in a week or two. Clear is fine for those, and a clear bottle is lovely when you want to see the chips.

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Where they live

Heat ages oil the same way light does, and dark glass does nothing about heat. So think about where a bottle sits.

A few places worth avoiding:

- **Your car.** A closed car in summer gets far hotter than the day outside it, and that goes for the glove box too
- **A garage or a shed** that isn't heated or cooled
- **A sunny windowsill.** It's the worst of both, direct light and the heat that comes with it
- **On top of anything warm.** A radiator, a heat vent, the back of the stove

A drawer, a cabinet, or a shelf out of the sun is all any of them need.

The rollerball

The opener tool lifts the whole housing out of the glass bottle, ball and all, in one piece. It saves your fingernails.

Treat the housing as a part that wears out. It's plastic, it sits in oil all day, and oil works on plastic slowly. When one stops working the way it should, put a new one in. The bottle is fine, it's just that piece.

A very thick carrier oil can also stop the ball turning. If yours feels heavy and slow, that could be why, and it isn't the bottle's fault.

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Your crystal chips

These are the ten I use the most, and I do mean the most. They're the ones my hand goes to, over and over, in blend after blend, and between them they cover just about everything I want to make.

You don't need all ten to start. Most blends you make will use just one kind, and you'll find you go through some of these far faster than others.

Telling them apart

Two things before the list.

Chips meant for roller bottles are tumbled and polished, so every one of these is smooth and carries some shine. If yours are rough or flaky, those are raw pieces, and raw is not what you want going into a bottle.

And these are general descriptions rather than rules. Natural crystal varies, piece to piece and batch to batch. Some of your chips will look exactly like this and some won't, and both are perfectly real. Use these to sort a handful into piles.

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Clear quartz
Glassy and see-through, often with milky white wisps inside. Some pieces show faint ghost-lines from the way they grew, and some look like nothing more than a bit of clear glass.

Amethyst
Purple, anywhere from pale lilac to deep grape, and almost never even. You'll usually see light and dark banding in a single chip, though some come out closer to plain purple-tinted glass.

Rose quartz
Soft milky pink, cloudy rather than clear. Now and then you'll get one that's clearer than that, more like pink glass.

Carnelian
Warm orange to rust red, and it glows when you hold it up to the light. Cloudy bands running through it.

Red leopard jasper
Earthy red, brown and charcoal, covered in round spots and mottled patches like animal markings.

Tiger eye jasper
Mostly brown, with darker and lighter stripes and a band of light that slides across the surface as you tilt it. Some pieces carry brick red and dark grey layers.

Green aventurine
Soft cloudy green with a glittery shimmer inside that catches as you turn it. Some pieces are clearer, closer to green-tinted glass.

Black obsidian
Glossy jet black, smooth as glass, and opaque, though the thin edges glow when light gets behind them. Some pieces flash gold or rainbow at an angle.

Sodalite
Royal blue with white veins running through it like marble. Opaque, with a soft greasy shine, and no gold in it anywhere.

Lapis lazuli
Deep ultramarine blue with gold sparks scattered through it and soft white cloudy patches. The gold is the giveaway.

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Washing them

New chips arrive with dust and grit on them, and you don't want any of that going into your oil.

1. Put them in a small bowl or a little sieve and rinse them with **distilled water.** Not tap water, which leaves its own minerals behind. **No soap.**
2. Push them around with your fingers so the water gets at all of them.
3. Tip them out and wipe them dry straight away with a soft cloth. Don't scrub at them while they're wet, because that's how a polished surface gets scratched.
4. Spread them into a single layer and **let them finish drying completely.** Longer than you think.

No hair dryer and nothing warm. Some of these don't like heat, and there's nothing to gain by rushing it. Air and time.

> **They have to be completely dry.** A chip that goes in damp brings water into a bottle that's meant to have none in it. Give them a few hours, or leave them overnight if you're not sure.

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THE FOUR STEPS

Filling the bottle

Four steps. Take the housing off your bottle and set it somewhere it won't roll away.

1

Your essential oil drops go in first.

Straight into the empty bottle, counted out from their own bottles. Nothing else is in there yet, so you can see exactly what you've put in and you won't lose count.

2

Fill it about halfway with carrier oil.

Pipette or funnel, whichever you have. Halfway is fine, it doesn't need measuring.

3

Now your crystal chips.

However many your recipe calls for. The oil already in there cushions them on the way down, which matters because some of these chip easily, and crystal landing on glass is how that happens.

4

Top it up and close it.

Carrier oil the rest of the way, up to the shoulder of the bottle where the sides start to curve in. That's your 10 ml. Don't fill it right to the very top, or the oil comes back out at you when you press the housing in.

Press the housing down until it seats, screw the cap on, and roll the bottle slowly between your palms a few times to bring it all together.

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If you want a more diluted version

Same essential oil drops, more carrier oil. The same number of drops get spread further, so the blend comes out gentler.

The mechanics are what matter here, because drops can't be split between bottles. You can't put half a drop in one roller and half in another. So the whole thing gets mixed in one place first, then divided between your roller bottles.

1. Put the essential oil drops in a small glass container, exactly as your recipe writes them
2. Add carrier oil, however much you need for the dilution you're after
3. Stir it or swirl it
4. Pour it into your rollers with a funnel or a pipette. Half fill each one, add the chips, then top up the rest of the way

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FINISHING TOUCHES

Make it yours

Label it

Do label them. This is the part people skip and then regret, because a row of little bottles all look exactly alike, and two weeks from now you will not remember which one is which.

What goes on it: what the blend is, and the date you made it. That's all it needs. The date matters more than you'd expect, because it's the only way to know how old something is once it's been sitting in a drawer for a while.

Ways to do it, from quickest to prettiest:

- **Masking tape and a pen.** No shame in this at all. It's what I started with, and I still use it sometimes today, when I'm in a hurry or I just don't feel like making it nicer
- **A scrap of paper** with the name on it, taped around the bottle
- **Washi tape**, which is the same idea but pretty, and it comes in every color and pattern there is
- **Printed from your computer** and cut out. Round the corners with scissors and it looks properly finished
- **A label maker**, if you have one sitting in a drawer somewhere
- **Printable label sheets**, if you want them all matching

If you'd rather not have the date on the bottle, write it small in the corner where it won't bother you, or keep it wherever you write things down instead.

Dress it up

None of this is necessary. It's just a nice extra when you're in the mood for it.

- **A ribbon or a bit of twine** tied around the neck of the bottle
- **A sticker on the cap.** This one is useful as well as pretty. When they're standing in a row in a drawer, the cap is all you can see
- **A small charm** threaded onto the ribbon
- **Nail polish or a paint pen** on the cap, one color per blend, if you like a system

Or leave them completely plain. A bottle with masking tape on it works exactly as well as a beautiful one, and I have plenty of both.

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AFTERWARD

Storing and reusing

How to store your crystal chips

Keep them in separate pouches, not loose together in one dish. Three of these are softer than the rest, and those three are obsidian, lapis and sodalite. Everything else on the list is hard enough to scratch them. Loose in a bag together they grind each other down.

Four of them fade in sunlight. Amethyst, rose quartz, green aventurine and lapis. The purple turns yellow, the pink goes a dull white, and it does not come back.

Keep lapis away from heat as well, which is the only one of the ten that needs it.

So keep the pouches somewhere dark. A drawer, a closed box, a cupboard. Anywhere the light doesn't reach them.

Your bottle

Bottles get reused. There's nothing worn out about an empty one.

Wash it in warm soapy water, rinse it properly so no soap is left behind, and then let it dry completely before anything else goes in. Same rule as the chips. No water into an oil bottle.

If your roller bottle has a plastic housing holding the rollerball, that's the part that eventually wears out. Not the bottle.

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Reusing your crystal chips

You can absolutely reuse your crystal chips for more blends. They just need washing first.

Warm water, a little mild soap, and a soft brush or cloth to break down the oily film. This is the one time soap belongs, because water on its own won't break down oil.

Wipe them dry straight away with a soft cloth, then leave them out to finish drying completely. Don't scrub at them while they're still wet. That's how a polished surface gets scratched.

Nothing hot and nothing mechanical. No boiling water, no steam cleaner, no ultrasonic cleaner. All three can crack them.

If you like to cleanse them before they go into something new, do that once they're dry, however you usually do it.

How long a blend keeps

Your blend keeps as long as your carrier oil keeps. What's in the bottle is mostly carrier, so the carrier is what decides it, and the bottle your carrier oil came in will tell you.

That assumes it's been living somewhere sensible. A blend that's spent a summer in a hot car, or sitting on a sunny windowsill, won't last as long as the bottle says no matter what oil is in it.

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ONE LAST THING

Before you go

That's the whole thing.

Once you've made two or three you won't need this again, which is exactly how it should be.

The part I love is that you made it. Not bought it, made it. Something you put together yourself, sitting there waiting for the moment you want it.

Go and make one.

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