

MOMENT BY MOMENT

HUSH

for the nights your mind won't quit

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 amethyst chips
- 2 drops lavender
- 1 drop cedarwood
- 1 drop bergamot FCF
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart. Or the bottoms of your feet, then socks.

Breathe in slow. One breath, all the way down.

Set your intention: *"I'm allowed to stop thinking about this."*

Please read. Not every essential oil is safe for everyone. If you are pregnant, nursing, taking medications, living with a health condition or allergies, or using oils on a child, talk to a health professional before use. Avoid contact with your eyes, inner ears, and sensitive areas. Skin sensitivity is possible. For general wellness and ritual only. Not intended to diagnose, treat, or cure. Always check with a medical professional before using essential oils.

HartCircle

MOMENT BY MOMENT

SETTLE

for when you're tired but you can't wind down

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 red leopard jasper chips
- 2 drops clary sage
- 1 drop lavender
- 1 drop vetiver
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it over your heart and on the back of your neck. Or the bottoms of your feet.

Breathe in slow. One breath, all the way down.

Set your intention: *"The day is over because I say it is."*

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STILL

for the 3am wake-up

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 clear quartz chips
- 2 drops frankincense
- 1 drop lavender
- 1 drop cypress
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart. You don't have to sit up.

Breathe in slow. Just the one. You aren't trying to accomplish anything.

Set your intention: *"Nothing is wrong right now. Not in this room, not in this minute."*

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MOMENT BY MOMENT

UNKNOT

for when your neck and shoulders are still holding the day

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 black obsidian chips
- 2 drops marjoram
- 1 drop lavender
- 1 drop vetiver
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on the back of your neck and across the tops of your shoulders. Take your time with this one.

Breathe in slow. One breath, all the way down.

Set your intention: *"There is nothing left today that needs holding."*

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NERVE

for right before a hard conversation

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 lapis lazuli chips
- 2 drops bergamot FCF
- 1 drop frankincense
- 1 drop cypress
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the back of your neck. Do this in the car, not in front of them.

Breathe in slow. One breath, all the way down.

Set your intention: *"I know what I came here to say."*

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NEXT

for when everything happens at once

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 amethyst chips
- 2 drops clary sage
- 1 drop grapefruit
- 1 drop cedarwood
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and behind your ears. You don't have to leave the room to do it.

Breathe in slow. One breath, all the way down.

Set your intention: *"One thing. Then the next thing."*

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COMFORT

for the worry you can't put down

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 sodalite chips
- 2 drops Roman chamomile
- 1 drop bergamot FCF
- 1 drop cedarwood
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it over your heart and on the insides of your wrists.

Breathe in slow. One breath, all the way down.

Set your intention: *"There is nothing here for me to do right now."*

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MOMENT BY MOMENT

RESET

for leaving your bad mood at the door

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 green aventurine chips
- 2 drops bergamot FCF
- 1 drop geranium
- 1 drop spearmint
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the back of your neck. Before you walk in if you can, or the first minute you get to yourself.

Breathe in slow. One breath, all the way down.

Set your intention: *"This did not follow me in here."*

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MOMENT BY MOMENT

MINE

for when you've been taking care of everyone but you

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 rose quartz chips
- 2 drops geranium
- 1 drop grapefruit
- 1 drop ylang ylang
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it over your heart and on the insides of your wrists. Sit down while you do it, if you can manage it.

Breathe in slow. One breath, all the way down.

Set your intention: *"I am allowed to be on my own list."*

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COOL

for when you're angry and it isn't wearing off

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 amethyst chips
- 2 drops lavender
- 1 drop clary sage
- 1 drop ylang ylang
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the back of your neck.

Breathe in slow. One breath, all the way down.

Set your intention: *"I can say this tomorrow if it still needs saying."*

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SHIELD

for the days you absorb everyone else's mood

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 clear quartz chips
- 3 drops frankincense
- 1 drop cinnamon leaf
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it over your heart, on the back of your neck, and on your wrists.

Breathe in slow. One breath, all the way down.

Set your intention: *"That was theirs. This is mine."*

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GRACE

for the thing you have to do and don't want to

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 tiger eye jasper chips
- 2 drops bergamot FCF
- 1 drop cypress
- 1 drop ginger
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the base of your throat. In the car, in the hallway, or wherever it is you are doing your standing about.

Breathe in slow. One breath, all the way down.

Set your intention: *"How I walk in is the part that's up to me."*

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HOLD

for when the news gets heavy

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 red leopard jasper chips
- 2 drops cedarwood
- 1 drop frankincense
- 1 drop patchouli
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it over your heart. Just there, this time.

Breathe in slow. One breath, all the way down.

Set your intention: *"I can care about this and still put the phone down."*

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ANCHOR

for the scattered, unmoored days

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 black obsidian chips
- 2 drops vetiver
- 1 drop cypress
- 1 drop black pepper
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on the bottoms of your feet, one at a time, and the base of your spine if you can reach it. Let it dry before you put your feet down.

Breathe in slow, with both feet flat on the floor. One breath, all the way down.

Set your intention: *"This floor. This room. Right now."*

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DAYLIGHT

for the gray days

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 carnelian chips
- 2 drops sweet orange
- 1 drop black spruce
- 1 drop ginger
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart.

Breathe in slow. One breath, all the way down.

Set your intention: *"Today gets to be a small day."*

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MOMENT BY MOMENT

SNAP

for the afternoon slump

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 carnelian chips
- 2 drops peppermint
- 1 drop rosemary
- 1 drop grapefruit
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the back of your neck.

Breathe in slow. One breath, all the way down.

Set your intention: *"I am not out of energy. I am out of morning."*

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NEAR

for when you miss someone

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 rose quartz chips
- 2 drops geranium
- 1 drop frankincense
- 1 drop rose
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it over your heart and on the insides of your wrists.

Breathe in slow. One breath, all the way down.

Set your intention: *"I am allowed to miss you today."*

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SPARK

for the weeks you've been going through the motions

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 green aventurine chips
- 2 drops cardamom
- 1 drop lime
- 1 drop sweet orange
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart.

Breathe in slow. One breath, all the way down.

Set your intention: *"Today does not have to look like yesterday."*

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FOCUS

for the work that needs your whole head

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 tiger eye jasper chips
- 2 drops frankincense
- 1 drop bergamot FCF
- 1 drop vetiver
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the back of your neck. Do it sitting down, at the thing, rather than on your way to it.

Breathe in slow. One breath, all the way down.

Set your intention: *"This hour is only for this."*

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CLEAR

for when your brain feels foggy

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 sodalite chips
- 2 drops lemon
- 1 drop peppermint
- 1 drop basil
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists. Then bring them up near your face and take the breath from there.

Breathe in slow. One breath, all the way down.

Set your intention: *"My head will come back. It always does."*

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MOMENT BY MOMENT

START

for the thing you've been putting off all week

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 carnelian chips
- 2 drops grapefruit
- 1 drop black pepper
- 1 drop ginger
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the back of your neck. Cap it, and go.

Breathe in slow. One breath, all the way down.

Set your intention: *"I am not going to think about this. I am going to start it."*

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VOICE

for when you have to stand up for yourself

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 carnelian chips
- 2 drops black spruce
- 1 drop frankincense
- 1 drop lemongrass
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and at the base of your throat.

Breathe in slow. One breath, all the way down.

Set your intention: *"I can help without handing over the whole afternoon."*

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BRAVE

for a day around people

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 tiger eye jasper chips
- 2 drops white fir
- 1 drop frankincense
- 1 drop ginger
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart while you are getting ready. Again in the car, if you want it.

Breathe in slow. One breath, all the way down.

Set your intention: *"I can leave whenever I want to leave."*

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TREAT

for after you have finished something hard

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 amethyst chips
- 2 drops sweet orange
- 1 drop vanilla
- 1 drop ylang ylang
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on the insides of your wrists and behind your ears.

Breathe in slow. One breath, all the way down.

Set your intention: *"I did that, and it counted."*

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MERCY

for when you're working on forgiving someone

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 rose quartz chips
- 2 drops geranium
- 1 drop cypress
- 1 drop ylang ylang
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it over your heart and on your wrists.

Breathe in slow. One breath, all the way down.

Set your intention: *"I can set this down today and pick it up tomorrow if I have to."*

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GRATITUDE

for the first quiet ten minutes of the morning

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 green aventurine chips
- 3 drops sweet orange
- 1 drop geranium
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart.

Breathe in slow. One breath, all the way down.

Set your intention: *"There are already three good things in this room."*

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HOME

for when you feel far from yourself

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 lapis lazuli chips
- 2 drops frankincense
- 1 drop sandalwood
- 1 drop bergamot FCF
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

Roll it over your heart and at the base of your throat.

Breathe in slow. One breath, all the way down.

Set your intention: *"I am still in here."*

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