

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

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.

Hart●Circle

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

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

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Hart●Circle

STILL

for when 3am is too early to get up, but you're too awake to go back to sleep

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

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

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HartCircle

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

Okay once a day.

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. Bring the bottle up and take one slow breath in.

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

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HartCircle

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and behind your ears. You don't have to leave the room. Grapefruit can burn skin in sunlight, so keep it off anywhere that'll be in the sun today.

Breathe. Bring the bottle up and take one slow breath in.

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

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

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Hart●Circle

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

Okay once a day.

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. Bring the bottle up and take one slow breath in.

Set your intention: *"This didn't follow me in here."*

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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

Okay once a day.

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. Grapefruit can burn skin in sunlight, so keep it off anywhere that'll be in the sun today.

Breathe. Bring the bottle up and take one slow breath in.

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

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HartCircle

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the base of your throat. In the car, in the hallway, wherever you're doing your waiting.

Breathe. Bring the bottle up and take one slow breath in.

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on the bottoms of your feet, one at a time. Let it dry, then put both feet flat on the floor.

Breathe. Bring the bottle up and take one slow breath in.

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart.

Breathe. Bring the bottle up and take one slow breath in.

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

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Hart●Circle

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the back of your neck. Grapefruit can burn skin in sunlight, so keep it off anywhere that'll be in the sun today.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I'm not out of energy. I'm 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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I'm 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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart. Lime can burn skin in sunlight, so keep it off anywhere that'll be in the sun today.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"Today doesn't have to look like yesterday."*

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Hart●Circle

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the back of your neck. Do it sitting down, at the thing, not on your way to it.

Breathe. Bring the bottle up and take one slow breath in.

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

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Hart●Circle

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists. Lemon can burn skin in sunlight, so keep it off anywhere that'll be in the sun today.

Breathe. Bring the bottle up and take one slow breath in.

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

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Hart●Circle

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the back of your neck. Grapefruit can burn skin in sunlight, so keep it off anywhere that'll be in the sun today. Cap it, and go.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I'm not going to think about this. I'm 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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

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

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Hart●Circle

TREAT

for after you've 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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it over your heart and on your wrists.

Breathe. Bring the bottle up and take one slow breath in.

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 10 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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"There are already 3 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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I'm still in here."*

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ROMANCE

for a slow night in together

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

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart. Behind your ears, too.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"Tonight is just for us."*

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Hart●Circle

RECONNECT

for when you two feel far apart

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

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it over your heart and on your wrists.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"The calendar can wait 10 minutes."*

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DATE NIGHT

for getting ready to go out

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

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and behind your ears. Last, after the earrings.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"Tonight, I'm not thinking about tomorrow."*

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DECISION

for a big decision, when everyone has an opinion

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

- 3 to 10 lapis lazuli chips
- 2 drops lemon
- 1 drop cedarwood
- 1 drop lavender
- Top with jojoba or fractionated coconut oil

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart. Somewhere quiet, if you can find it.

Lemon can burn skin in sunlight, so keep it off anywhere that'll be in the sun today.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I already know more than I think I do."*

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PRAYER

for when you sit down to pray

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

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I'm here to listen, not to ask."*

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HartCircle

MEDITATE

for before you meditate

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

- 3 to 10 amethyst chips
- 2 drops sandalwood
- 1 drop palo santo
- 1 drop lavender
- Top with jojoba or fractionated coconut oil

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart. Then sit down and get comfortable.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *“For the next few minutes, there’s nowhere else to be.”*

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HEAD

for a headache starting

IN YOUR BOTTLE · 10 ml roller · 3 drops · 1.5%

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

Okay now and then, on 1 small spot. Use it on 1 small spot, never a big area.

ROLL · BREATHE · SET · 10 seconds

Roll it on your temples and the back of your neck. Keep it well away from your eyes.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *“I can slow down for the next hour.”*

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MUSCLES

for sore muscles

IN YOUR BOTTLE · 10 ml roller · 6 drops · 3%

- 3 to 10 tiger eye jasper chips
- 2 drops peppermint
- 2 drops marjoram
- 2 drops black spruce
- Top with jojoba or fractionated coconut oil

Okay now and then, on 1 small spot. Use it on 1 small spot, never a big area.

ROLL · BREATHE · SET · 10 seconds

Roll it right on the sore spot, and rub it in slowly.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I worked hard. I get to rest now."*

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JOINTS

for achy joints

IN YOUR BOTTLE · 10 ml roller · 6 drops · 3%

- 3 to 10 black obsidian chips
- 2 drops black spruce
- 2 drops ginger
- 1 drop black pepper
- 1 drop peppermint
- Top with jojoba or fractionated coconut oil

Okay now and then, on 1 small spot. Use it on 1 small spot, never a big area.

ROLL · BREATHE · SET · 10 seconds

Roll it right on the achy spot, and rub it in slowly.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I'll take my time getting going today."*

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LEGS

for restless legs at bedtime

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

- 3 to 10 tiger eye jasper chips
- 2 drops lavender
- 1 drop cypress
- 1 drop black pepper
- Top with jojoba or fractionated coconut oil

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on the backs of your calves and the bottoms of your feet.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"The day is done, and so am I."*

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FEET

for tired feet after a long shift

IN YOUR BOTTLE · 10 ml roller · 6 drops · 3%

- 3 to 10 black obsidian chips
- 4 drops eucalyptus dives
- 2 drops peppermint
- Top with jojoba or fractionated coconut oil

Okay now and then, on 1 small spot. Use it on the soles of your feet.

ROLL · BREATHE · SET · 10 seconds

Roll it on the soles of your feet. Put your feet up, if you can.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I did a lot today. I get to sit now."*

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MITTENS

for cold hands and feet

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

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your hands and wrists, and the soles of your feet. Then rub your hands together.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I can take a few minutes to get warm."*

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STUFFY

for a stuffy head

IN YOUR BOTTLE · 10 ml roller · 2 drops · 1%

- 3 to 10 amethyst chips
- 1 drop peppermint
- 1 drop rosemary
- Top with jojoba or fractionated coconut oil

Okay a few times a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your upper chest and the back of your neck. Keep it well away from your eyes.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I can take it slow today."*

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CHEST

for a chest cold

IN YOUR BOTTLE · 10 ml roller · 2 drops · 1%

- 3 to 10 green aventurine chips
- 1 drop eucalyptus globulus
- 1 drop frankincense
- Top with jojoba or fractionated coconut oil

Okay a few times a day.

ROLL · BREATHE · SET · 10 seconds

Roll it across your upper chest and the back of your neck.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I'm allowed to slow down until I feel like myself again."*

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FLU SEASON

for cold and flu season

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

- 3 to 10 clear quartz chips
- 2 drops tea tree
- 2 drops lemon
- Top with jojoba or fractionated coconut oil

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the back of your neck. Lemon can burn skin in sunlight, so keep it off anywhere that'll be in the sun today.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I'm taking good care of myself this season."*

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ALLERGY SEASON

for allergy season

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

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the back of your neck. Lemon can burn skin in sunlight, so keep it off anywhere that'll be in the sun today.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I can still enjoy this season."*

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STOMACH

for after a heavy meal

IN YOUR BOTTLE · 10 ml roller · 3 drops · 1.5%

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your belly, then rub it in with slow circles.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I enjoyed every bite, and that's allowed."*

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CAR RIDE

for feeling queasy in the car

IN YOUR BOTTLE · 10 ml roller · 2 drops · 1%

- 3 to 10 clear quartz chips
- 1 drop ginger
- 1 drop peppermint
- Top with jojoba or fractionated coconut oil

Okay a few times a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and behind your ears.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I'll get there when I get there."*

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CRAVINGS

for when a craving hits

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

- 3 to 10 clear quartz chips
- 2 drops grapefruit
- 2 drops bergamot FCF
- Top with jojoba or fractionated coconut oil

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and the back of your neck. Grapefruit can burn skin in sunlight, so keep it off anywhere that'll be in the sun today.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I can wait 10 minutes and see."*

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CRAMPS

for period cramps

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

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your lower belly and lower back, then rub it in with slow circles.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"Today I'm allowed to go slow."*

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PMS

for the week before your period

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

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

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your wrists and over your heart.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I can be gentle with myself this week."*

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HOT FLASH

for hot flashes

IN YOUR BOTTLE · 10 ml roller · 2 drops · 1%

- 3 to 10 sodalite chips
- 1 drop peppermint
- 1 drop clary sage
- Top with jojoba or fractionated coconut oil

Okay a few times a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"This will pass in a minute."*

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BLEMISH

for a blemish that shows up at the worst time

IN YOUR BOTTLE · 10 ml roller · 2 drops · 1%

- 3 to 10 amethyst chips
- 1 drop tea tree
- 1 drop frankincense
- Top with jojoba or fractionated coconut oil

Okay a few times a day.

ROLL · BREATHE · SET · 10 seconds

Roll it right on the spot. Keep it well away from your eyes.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"Nobody is looking as closely as I am."*

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DRY SKIN

for dry, cracked skin

IN YOUR BOTTLE · 10 ml roller · 2 drops · 1%

- 3 to 10 red leopard jasper chips
- 1 drop geranium
- 1 drop patchouli
- Top with jojoba or fractionated coconut oil

Okay a few times a day.

ROLL · BREATHE · SET · 10 seconds

Roll it on your knuckles, your cuticles and your heels. Then socks, if it's your feet.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"I take care of the parts of me that work the hardest."*

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SUNBURN

for too much sun

IN YOUR BOTTLE · 20 ml, fills 2 rollers · 2 drops
· 0.5%

- 3 to 10 rose quartz chips in each roller
- 1 drop lavender
- 1 drop Roman chamomile
- Top with jojoba or fractionated coconut oil

Okay a few times a day. Mix it in a 20 ml bottle first, then pour it into your 2 rollers.

ROLL · BREATHE · SET · 10 seconds

Roll it gently over sunburned skin. Never on skin that's blistered or broken.

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"It was a good day, and I'm glad I was out in it."*

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BUGS

for mosquito season

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

- 3 to 10 amethyst chips
- 2 drops citronella
- 2 drops cedarwood
- Top with jojoba or fractionated coconut oil

Okay once a day.

ROLL · BREATHE · SET · 10 seconds

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

Breathe. Bring the bottle up and take one slow breath in.

Set your intention: *"Summer is short. I'm going to enjoy it."*

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