

Hart  Circle

Create Your Own Crystal & Essential Oil Blends

Pick your feeling, pick your crystal,
pick your essential oils.



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WELCOME

Two Good Things, One Little Bottle

I've been waiting to share this one with you.

Crystals are wonderful. Essential oils are wonderful. Put them together in a roller bottle and you get the beauty of the crystal, the scent of the oils, and a 10-second ritual you can carry in your purse all day.

You get the best of both worlds.

And you can make them yourself. That's what this whole book is for.

First, I'll show you why these 2 belong together. What the crystal is doing in there, what the oils are doing, and why the pair of them adds up to more than either one alone.

Then I'll hand the whole thing over to you. Once you know what each piece is for, you can look at your collection, pick the feeling you're after, and know exactly what to reach for and how many drops of each.

No degree in spirituality required. No chemistry degree either.

I'll give you guidelines the whole way through. A few of them are safety rules, and I'll tell you plainly which ones. Everything else is yours. A blend that feels right to one person can feel off to another, and neither one of you is wrong.

You're the one who gets to say what works for you.

These little bottles are one piece of how you take care of yourself. They sit right alongside everything else you already do, and that's exactly what they're for.

Let's make something beautiful.

**Have a blessed day,
Misty**

READ THIS FIRST

Before You Make Anything

4 things to know before you make any blend in this book, or any blend of your own.

How strong to make it

Every recipe in this book is written for a healthy adult. Some people need it gentler: older or thin skin, skin that reacts easily, pregnancy, and children.

The fix is the same every time. **Keep the drops exactly as written and use more carrier oil.** Double the carrier oil and it's half as strong. 4 times the carrier oil and it's a quarter as strong.

Mix it all in a small glass container, then divide it between your roller bottles. A drop can't be split between bottles.

Who it's for	Highest strength
A healthy adult, or a teen 12 and up	as written
65 or older, or thin skin	1%
Skin that reacts easily	1%
Pregnant or nursing	1%
A child 6 to 12	1%
A child 2 to 6	0.5%
A baby under 2	no essential oils at all

How much in a day

5% a day is the most for a healthy adult. That's everything you put on that day, added together. 2 blends at 2% is 4%.

It's a ceiling, not a goal. 1 blend, or none, is fine. A day with a now-and-then blend on 1 small spot can go over it.

Sunlight and citrus

A few citrus oils can make skin burn in the sun: lemon, lime and grapefruit when they're cold-pressed, and regular bergamot. The burn shows up a day or two later, with no warning at the time.

That's why every recipe in this book says bergamot FCF. FCF means the part that burns has been taken out. Sweet orange doesn't do this at all. Your Oils, on page 10, has the rest.

Trying an oil that's new to you

If your skin is touchy, or something has reacted on you before, start low. Make it at half strength or less, wear it for a few days, then go up if all is well.

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.



SECTION ONE · WHY THE TWO TOGETHER

Why Crystals?

Everything around you pulls at your energy. Stress, the people around you, a bad night's sleep, what you ate, the weather, being sick. Your energy goes up and down all day long.

A crystal's doesn't. I believe a crystal's energy stays the same, no matter what's going on around it. Steady, and high.

There's an old idea called entrainment. When 2 things vibrating at different speeds sit close together, they fall into step and start vibrating at the same speed.

A crystal's energy doesn't change. So the idea is that yours rises to meet it. That's why you hear it said so often:

“Crystals raise your vibration.”

Why Crystals and Essential Oils Together?

Crystals and essential oils are 2 of nature's most beautiful tools, and I've always loved them most as a pair.

A crystal is the part you can see and hold. Every crystal is known for something. Amethyst is the one people reach for to slow down. Carnelian is the one for a spark when you feel flat.

The oils are the part you can smell. Scent reaches how you feel faster than almost anything.

Pair a crystal with oils known for the same thing, and the whole bottle points one direction. That's the synergy. Each one does its part, and together they're more than either one alone.

You get the best of both worlds.



SECTION ONE · WHY THE TWO TOGETHER

Making Your Own

There are hundreds of crystals and hundreds of essential oils, which means thousands of combinations. That's the fun of it.

You can buy ready-made blends for sleep, stress, headaches and plenty more. If you're just starting out, they're a fine place to begin, and you can drop crystal chips into a roller with one.

Make your own and you choose exactly what it's for, with scents you love.

Every roller bottle recipe has 3 parts. A crystal, essential oils, and a carrier oil. Each one has a job, and the next 3 sections walk you through all 3.

The basic recipe for a 10 ml roller: 3 to 10 crystal chips, 4 drops of essential oil in total, and carrier oil to fill the rest. That's a blend you can wear once a day.





SECTION TWO · YOUR OILS

Oil Basics

An essential oil is a plant concentrated way down. That's why we count it in drops, and why every blend gets topped off with a carrier oil.

Never put an essential oil on your skin without a carrier oil. Undiluted, it's too strong. It can burn, and it can leave you with an allergy you keep for life. It doesn't even work better that way. Most of it just evaporates into the air.

Never swallow essential oils. And keep them away from your eyes, the inside of your ears, and your nose.

When you're buying. Look for a dark glass bottle. Look for the plant's botanical name on the label, so *Lavandula angustifolia* and not just "lavender." And look for the words 100% pure essential oil.

Watch for the words **fragrance oil**. That's a different product. Most of what's in it is solvents and fixatives, and most fragrance ingredients are made from petroleum. It's made to smell like a plant. It isn't one.

Citrus and the sun

Most citrus oils are fine in the sun. Sweet orange, mandarin, tangerine, clementine, blood orange, neroli, petitgrain and bergamot FCF are all clear.

4 aren't: **lemon, lime and grapefruit** when they're cold-pressed, and **regular bergamot**. On skin that's in the sun, they can burn. The burn doesn't show up for a day or two, and there's no sting or warning at the time.

Each one has a limit in a 10 ml roller:

Oil	Most you can use
Grapefruit (cold-pressed)	8 drops
Lemon (cold-pressed)	4 drops
Lime (cold-pressed)	1 drop
Regular bergamot	not even 1 drop
Bergamot FCF	no sun limit

Stay under the limit and the sun isn't a worry. 2 of them in the same bottle share the smaller limit, so lemon and lime together stay at 1 drop in total.

Going over a limit, or using regular bergamot? Keep that skin out of the sun for 18 hours after you roll it on. Wear it under your clothes, or wear it at night and keep it covered the next day. Lime can take up to 24 hours.

That's why every recipe in this book says bergamot FCF. You get the same scent with no sun to think about.

Storing them

Caps on tight, somewhere cool and dark, and out of reach of children and pets. Air, light and heat change an oil over time.

How long they last once you open them

Kind	Good for
Citrus, cold-pressed	1 to 2 years
Florals and herbs, like lavender, peppermint and eucalyptus	2 to 3 years
Resins and woods, like frankincense, cedarwood, patchouli and sandalwood	4 to 8 years, or more

Citrus has 1 more rule. Use it on your skin for 1 year after you open it. After that, it's still fine for scenting a room or cleaning a counter, just not your skin.

Write the date you opened it on the cap.

An old oil can still smell fine and not be fine. As it ages it can turn into something your skin reacts to, even if it never bothered you before. **A dusty or sour smell, or a cloudy look, means it's done going on your skin.** It can still scent a room.

A roller you're using is fine on your nightstand. You'll finish it long before the light gets to it. Keep the bottles you're reaching for where you can see them. A bottle that's going to sit for months goes in a cupboard. And never leave a blend in a hot car.





SECTION THREE · YOUR CARRIER OIL

What a Carrier Oil Does

Your essential oils are a few drops, and your crystals are a few chips. Carrier oil is the rest of what's in the bottle, so it's worth picking well.

It does 3 jobs. It keeps your essential oils gentle on your skin. It slows them down, so the scent stays on your skin longer instead of flying off into the air. And it spreads them over more skin, so more of it soaks in.

A carrier oil isn't watering the good stuff down. It's what makes the good stuff last.

Start with 1 base carrier oil. It's most of your blend, so it needs to roll smoothly, stay out of the way of your scent, and be easy to find at a fair price. 5 carrier oils do all of that. They're on the next 2 pages, and any one of them can be the only carrier oil in your blend.

Then mix in a little of another, if you want. 6 more carrier oils are worth knowing, but they're too thick, too strong-smelling, too bright-colored, too quick to go off, or too pricey to use on their own. Add a small amount of 1 of them to your base carrier oil. They're on the 2 pages after that.

Unrefined or refined. Unrefined keeps more of what's naturally in the oil, along with more color and scent. Refined is cleaner and lasts longer. Neither one is wrong.

Thick oils stop a rollerball. That's why you want fractionated coconut oil in a roller, not the jar of coconut oil in your kitchen. That one turns solid at room temperature.

If you only buy 1, buy fractionated coconut oil. If you buy 2, add jojoba. Between the 2 of them, you can make just about any crystal and essential oil blend you want.



Your Base Carrier Oil

Pick 1. Any of these 5 works on its own.

Fractionated coconut oil

Coconut oil with the parts that turn solid taken out, so it stays liquid at any temperature. Clear, and no smell at all.

Feels like: thin, soaks in fast, a dry satin finish.

Reach for it when: you want the easiest roller there is. It flows through a rollerball every time, it never changes the smell of your blend, and it won't mark your clothes.

Keeps: practically forever.

Jojoba

Pressed from the seeds of a desert shrub, and it isn't really an oil. It's a liquid wax, so close to what your own skin makes that it soaks in without clogging. Golden.

Feels like: smooth and silky, never greasy.

Smells like: faintly sweet and earthy.

Reach for it when: you want 1 carrier oil that suits every skin type, oily, dry, sensitive or mature.

Keeps: several years.

Good to know: it can go cloudy or firm up if it gets very cold. That's normal, and it comes right back at room temperature.

Grapeseed

Pressed from grape seeds. Very pale, and one of the thinnest carrier oils there is.

Feels like: barely there. It soaks in almost right away.

Smells like: very light, with a faint nutty hint.

Reach for it when: your skin runs oily, or reacts easily to things.

Keeps: about a year. Put it somewhere cool and dark once it's open.

Argan TREE NUT

From the kernels of the argan tree in Morocco. Pale gold.

Feels like: silky, and it rolls on smoothly. It won't clog pores.

Smells like: mild and neutral.

Reach for it when: you want something a little luxurious for mature, sensitive or blemish-prone skin.

Keeps: 18 months to 2 years.

Sweet almond TREE NUT

Pressed from almond kernels, and the classic massage oil. Pale gold.

Feels like: rich, with a slow, warm glide. Still thin enough for a roller.

Smells like: mild and nutty.

Reach for it when: your skin is on the dry side and you want something rich and comforting.

Keeps: 12 to 18 months.



Carrier Oils to Mix In

Add a small amount of 1 of these to your base carrier oil. Never use one on its own.

Rosehip seed

Pressed from wild rose seeds. Golden to deep amber, and a “dry” oil that soaks in fast with no grease.

Rich in: vitamins A and E, and omegas 3, 6 and 9. Known for scars, fine lines and uneven tone. You’ll see it sold for vitamin C. It doesn’t have any. Vitamin C can’t exist in an oil.

How much: up to a quarter of your carrier oil. About 2 ml in a 10 ml roller.

Good to know: it stains light fabric. It goes off faster than any carrier oil here, so keep it in the fridge. Fresh rosehip smells herby. A fishy smell means it’s done.

Keeps: 6 to 9 months.

Evening primrose

From the seeds of a wildflower. Pale yellow and very fine.

Rich in: GLA, which helps rebuild the skin’s barrier. Reached for for red, irritated skin.

How much: 1 to 3 ml in a 10 ml roller.

Good to know: keep it away from light and heat, and buy a small bottle.

Keeps: 6 to 12 months.

Pomegranate seed

Pressed from the seeds of the fruit. Warm golden, fruity and nutty.

Rich in: punicic acid, an omega-5 you’ll hardly find anywhere else. Reached for for mature skin.

How much: 1 to 2 ml in a 10 ml roller. It’s thick, so it needs the lighter oil around it.

Keeps: 12 to 18 months.

Sea buckthorn

From the berries and seeds of a coastal shrub. Bright reddish-orange, with a strong musky-berry smell.

Rich in: carotenoids, which give it that color, and a rare omega-7.

How much: 2 to 10 drops in a 10 ml roller. No more.

Good to know: any more and it tints your skin orange for a while and stains fabric for good.

Keeps: about 18 months.

Castor

Pressed from castor beans. Very thick and sticky.

How much: up to 1 ml in a 10 ml roller for oily skin, up to half your carrier oil for dry skin.

Good to know: never on its own in a roller. It stops the rollerball.

Keeps: a very long time.

Neem

Pressed from the seeds of the neem tree. Golden brown, with a strong smell a lot like garlic.

How much: half your carrier oil at most, mixed with jojoba. Most people use far less, because the smell takes over any blend.

Keeps: a very long time.

A Drop of Vitamin E

It isn't a carrier oil, but it's worth having on the shelf. It slows down the carrier oils that go off fastest. Add it to any blend with rosehip or evening primrose in it. On your skin, it helps lock in moisture and soften rough, dry patches.

1 drop in a 10 ml roller. No more. Too much does the opposite of what you want. It makes the oil go off faster, and it can irritate your skin.

How long will your blend last? As long as its carrier oil. The carrier oil is most of what's in it, so when it goes off, the whole blend goes with it.





SECTION FOUR

Your Crystals

The Crystal Key

My 10 favorite crystals. What each one looks like, what it's known for, which oils pair with it, and how to take care of it.

The Crystal Key

Start with how you want to feel. Find the crystal that matches. Then pick from the oils that pair with it.

Clear Quartz

Looks like: glassy and see-through, often with milky white wisps inside. Six-sided points when it isn't tumbled.

Known for: clarity and a clean slate. The all-purpose one, for when your head is cluttered or you can't name what you want yet. It's also the amplifier, said to strengthen whatever crystal you put it with.

History: the Greeks called it *krýstallos*, "frozen ice." They believed the gods had frozen it so hard it would never melt.

Pairs with: most oils. The easiest place to start.

Care: hard and easy to live with. Store it apart from your softer crystals, because it scratches them.

Amethyst

Looks like: purple, anywhere from pale lilac to deep grape, almost never even. Light and dark bands in a single chip. Chevron amethyst has white V-shaped stripes.

Known for: calm and a clear head. The one for slowing down, softening the edges of a busy day, and quieting a mind that keeps circling. A favorite for evening and before bed. Long known as the sobriety crystal, and reached for for anxiety, and for anger you want to cool down.

History: the Greeks set amethyst in wine cups to stay clear-headed. Its name comes from a word meaning "not drunken."

Pairs with: lavender, sandalwood, cypress, clove, frankincense.

Care: keep it out of the sun. Sun fades the purple, and it doesn't come back.

Rose Quartz

Looks like: soft milky pink, cloudy rather than clear, with a slightly greasy shine. Hold a good one to the light and you may catch a six-rayed star.

Known for: comfort, warmth, and being kind to yourself. The heart crystal. Reach for it on the days you're hardest on yourself, or when you're carrying a hurt you're ready to set down.

History: the ancient Egyptians kept it as a beauty treasure, and it's been given as a token of love for thousands of years.

Pairs with: lavender, jasmine, rose, ylang ylang, clove, frankincense, sandalwood, cypress.

Care: keep it out of the sun. It fades to a dull white, and it doesn't come back.

Tiger Eye Jasper

Looks like: mostly brown, with darker and lighter stripes and a band of light that slides across it as you tilt it. Some pieces have brick-red and dark gray layers.

Known for: confidence, focus, and a little courage. Reach for it for the thing you keep putting off, the morning you have to be brave about something, or the conversation where you need to hold your ground.

History: Roman soldiers carried it into battle, and it was set into breastplates for focus and success.

Pairs with: bergamot FCF, sweet orange, clove, fennel, ginger.

Care: a quick rinse, and dry it right away.

Red Leopard Jasper

Looks like: earthy red, brown and charcoal, covered in round spots and mottled patches like animal markings. Waxy rather than shiny.

Known for: feeling settled and even-keeled. The one for when life is unpredictable and you want solid ground under you, or when you're going through a change.

History: Mayan and Aztec shamans called it the Jaguar Stone and carried it as a guide through times of change.

Pairs with: sweet orange, patchouli, ginger, vanilla, sandalwood, lavender.

Care: hard, and no special handling.

Green Aventurine

Looks like: soft cloudy green with a glittery shimmer that catches the light as you turn it.

Known for: hope and fresh starts. Long called the “stone of opportunity.” Good for new beginnings, and for shaking off a day that just wore you down.

History: Tibetans set it into the eyes of statues to stand for clear seeing.

Pairs with: spearmint, bergamot FCF, cinnamon leaf, neroli.

Care: keep it out of the sun. It fades, and it doesn't come back.

Black Obsidian

Looks like: glossy jet black, smooth as glass. Thin edges glow when you hold them up to the light, and some pieces flash gold or rainbow.

Known for: grounding and protection. The anchor. Reach for it when the world feels like a lot, or at the end of a day spent carrying everyone else's stuff.

History: it's volcanic glass, and one of the oldest protection crystals people have kept close. Mesoamerican cultures polished it into mirrors for seeing what was hidden.

Pairs with: patchouli, black pepper, vetiver, and tree oils like fir, cypress and spruce.

Care: it's glass, and it chips like glass. It's one of the softer ones, so store it away from harder crystals and don't drop it.

Sodalite

Looks like: royal blue with white veins like marble. Easy to mix up with lapis. Sodalite has no gold flecks.

Known for: calm, honest words and clear thinking. Reach for it before a hard conversation, or when your thoughts are a tangle and you need to say what you mean. Also reached for when panic is rising and you need your head to go quiet.

History: known as the Poet's Stone, prized by writers who believed it turned tangled thoughts into clear words.

Pairs with: eucalyptus, basil, cypress, peppermint, bergamot FCF, coriander.

Care: one of the softer ones, so store it apart from quartz. A quick rinse, and dry it right away.

Lapis Lazuli

Looks like: deep blue with gold sparks and soft white patches. The gold flecks are how you tell it from sodalite.

Known for: truth and inner wisdom. Speaking up, and saying what's real. The one for when you need to be honest with someone, yourself included, or when shyness is in the way.

History: treasured since ancient Egypt and set into Tutankhamun's funeral mask. For centuries it was ground into powder to make the most expensive blue paint in the world.

Pairs with: spruce, lime, basil, frankincense, peppermint, jasmine.

Care: the softest of my 10, and it chips. Keep it out of the sun and away from heat, because it fades and loses its shine. A quick rinse, then give it longer to dry than the others, because it soaks water in. No salt and no cleaners.

Carnelian

Looks like: warm orange to rust red, glowing when you hold it to the light, with cloudy bands. It feels cool at first and warms up in your hand.

Known for: creativity and warmth. A spark for when you feel flat, and steadiness right before you have to show up. The one for making something, or speaking in front of people.

History: Roman speakers carried carnelian for a strong voice, and the Egyptians set it into protective amulets.

Pairs with: sweet orange, patchouli, cedarwood, cinnamon leaf, ginger, ylang ylang.

Care: hard, and no special handling.

SECTION FOUR · YOUR CRYSTALS

Caring for Your Crystals

Washing new chips. New chips come with dust and grit on them. Rinse them in distilled water, not tap, which leaves its own minerals behind. No soap. Wipe them dry right away with a soft cloth, then spread them out and let them finish drying all the way. No hair dryer and nothing warm.

They have to be completely dry before they go in a bottle. Give them a few hours, or leave them overnight if you're not sure.

Store them in soft pouches, not loose together. Obsidian, lapis and sodalite are softer than the rest, and the others scratch them.

Keep amethyst, rose quartz, green aventurine and lapis out of the sun. They fade, and it doesn't come back. Keep lapis away from heat too.

No salt and no cleaners on any of them. Salt gets into the tiny cracks in lapis, sodalite and obsidian.

All 10 are fine in your roller bottle. Oil keeps water and air off them.



Not All Crystals Pair Well Together

Most crystals are fine together, and you can't ruin a bottle by picking 2. But a few pairings work against each other, and it's worth knowing which ones before you use up your oils.

Clear quartz turns everything up. It's the amplifier, so it strengthens whatever crystal it's with. It's the 1 pairing that always works, and the easiest way to make a blend feel stronger without adding a single drop.

Carnelian and amethyst pull in opposite directions. Carnelian is the spark. Amethyst is the slow-down. Together they can leave you wired and tired at the same time. Pick the one that matches what you want.

Amethyst and tiger eye cancel each other out. One asks you to settle down. The other asks you to get up and go. Together you end up scattered instead of calm or driven.

Carnelian drowns out sodalite. Carnelian is warm and bright. Sodalite is cool and quiet. In the same bottle, the louder one wins.

Go easy stacking your grounding crystals. Obsidian and red leopard jasper are both anchors. Too many at once feels heavy instead of steady. 1 is usually plenty.

These are guidelines, not rules. If a combination feels off to you, don't use it. If it feels right, it is.



Start With the Feeling

Here's how to make up a blend of your own, from nothing but a feeling.

- 1 Decide what it's for.** Start with how you want to feel, not with an oil you want to use. Not "I want to use frankincense." More like "I want to feel steady tomorrow morning." The more specific the moment, the more you'll reach for the bottle.
- 2 Pick your crystal.** Find the crystal in the Crystal Key that's known for that feeling. 1 kind of crystal is plenty.
- 3 Pick your oils.** Look at that crystal's "pairs with" line and choose 1 to 3 oils from it, or oils of your own that are known for the same feeling. 1 oil you love, topped with carrier oil, is a real blend. Most of mine use 2 or 3, because layering scents is fun, not because you have to.
- 4 Decide how often you'll use it.** That decides how many drops go in.

How you'll use it	Drops in a 10 ml roller	Strength
A few times a day	1 to 2	0.5% to 1%
Once a day	3 to 4	1.5% to 2%
Now and then, on 1 small spot	6 to 20	3% to 10%

The drops are the total for the whole blend, not for each oil. A now-and-then blend goes on 1 small spot, never a big area. Anything over 3% to 5% stops after 2 weeks. On your face, 2 drops for every day, and never more than 3.

- 5 Split up the drops.** The next page shows you how.

How to Split Up the Drops

Every oil has a note. The note tells you how fast it fades, and that tells you where it goes in your blend.

Top notes are the first thing you smell and the first to fade, usually within an hour or two. Bright and sharp. Sweet orange, lemon, grapefruit, lime, peppermint, eucalyptus, lemongrass.

Middle notes are the heart of the blend. They last a few hours, and they round off the sharp edges. Lavender, geranium, Roman chamomile, rosemary, clary sage, cypress, cardamom.

Base notes fade slowest, over hours or even days. They hold the lighter oils down so the blend doesn't disappear in an hour. Frankincense, cedarwood, sandalwood, myrrh, patchouli, vetiver, ginger, vanilla, rose, jasmine.

My go-to shape for 4 drops: 2, 1 and 1. 2 drops of the oil you love most, the one the blend is about. Then 1 drop to hold it down, and 1 to brighten it up or round it out. Most of my blends are built this way.

Want it to last longer on your skin? Make sure there's a base note in there. Want it bright and fresh? Lean on the top notes.

If a blend smells messy, add a wood. Cedarwood, sandalwood or frankincense pulls a blend back together.



Loud Oils

Drops aren't equal. Some oils are so strong that 1 drop takes over the whole bottle.

Use these lightly, usually just 1 drop

Peppermint, spearmint and eucalyptus. Mints drown out florals and citrus. 1 drop goes a long way.

Cinnamon leaf and clove. Hot spices. Use a very light hand. Cinnamon leaf tops out at 1 drop in a 10 ml roller.

Ylang ylang. A heavy, intense floral. Too much and it's overpowering. 1 drop in a 10 ml roller.

Lemongrass. A little goes a long way, and it tops out at 1 drop in a 10 ml roller.

Rose. Very concentrated, and it tops out at 1 drop in a 10 ml roller.

Tea tree. Strong and medicinal, and it fights with anything sweet.

These are gentle, so you can use more

Sweet orange and the other citrus, lavender and vanilla. Lavender is the most forgiving oil there is.

Then trust your nose.

Scent is personal. A blend I love might smell like nothing much to you, or you might not like it at all. Neither of us is wrong. If you open the bottle and it makes you happy, you got it right.

YOUR TURN

Design Your Own

Fill this in and you've got your recipe.

I want to feel...

When I'll reach for it

My crystal (from the Crystal Key)

My oils, and how many drops of each

Total drops, and how often I'll use it

My carrier oil

Where I'll roll it

My intention

Roll · Breathe · Set. You made this.



SECTION SIX

Making It

Roll · Breathe · Set

You know what goes in it. Here's how it goes into the bottle, and what to do with it once it's in there.

Putting It Together

- Your recipe
- A roller bottle opener tool
- Your carrier oil
- A pipette, dropper or small funnel
- A 10 ml glass roller bottle
- Your essential oils
- Your crystal chips, washed and completely dry
- Something to label it with

4 steps. Take the rollerball top 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 won't lose count.
- 2 Fill it about halfway with carrier oil.** Halfway is fine. It doesn't need measuring.
- 3 Now your crystal chips.** The oil already in there cushions them on the way down. 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. Press the rollerball top down until it seats, screw the cap on, and roll the bottle slowly between your palms to bring it all together.

Label it. What the blend is, and the date you made it. A row of little bottles all look the same, and 2 weeks from now you won't remember which is which.

That's it. You made a crystal and essential oil blend.



SECTION SIX · MAKING IT

The 10-Second Ritual

You made it for a moment. When that moment comes, here's what to do. It's 1 motion, and the bottle stays in your hand the whole time.

Roll. Take the cap off and roll it on. Your wrists, the back of your neck, over your heart, behind your ears, or your temples. You pick.

Breathe. Bring the bottle up and take one slow breath in. Breathe from the bottle, not from where you rolled it. Just 1 breath. This is the step people skip, and it's the one that turns rolling something on into stopping for a second.

Set. Say 1 sentence for what you want out of the next stretch of your day. Out loud, or in your head.

“Let me be steady through this afternoon.”

“Let this be easy.”

“Let me set the day down and rest.”

Then put the cap back on and put the bottle back where it lives, the place you'll need it next.

What makes a good intention. 1 sentence. About the next little while, not your whole life. And about what you want, not what you're trying to get away from. "Let me be steady," not "don't let me lose it."

No words today? The breath alone still counts.

If you pray, this is a lovely spot for it.

Make it stick. Keep the bottle where the moment happens. Your nightstand, your desk, your purse. The bottle you can see is the bottle you'll reach for.

Your roller is one piece of your day, right alongside everything else you already do for yourself.

Small and steady beats big and once in a while,
every time.



A Few of Mine

4 crystal and essential oil blends I make again and again, and how each one is built.

HUSH

for the nights your mind won't quit

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

4 drops · 2% · okay once a day

How it's built: the 2, 1 and 1 shape. Lavender leads. Cedarwood is the base note that holds it down, so the blend doesn't fade in an hour. Bergamot FCF is the top note, a bright opening that's the first thing you smell. Amethyst is the slow-down crystal.

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.

SHIELD

for the days you absorb everyone else's mood

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

4 drops · 2% · okay once a day

How it's built: just 2 oils, and that's a real blend. Frankincense carries it almost by itself. Cinnamon leaf is a loud oil, so it gets 1 drop, and 1 drop is its limit. Clear quartz strengthens whatever it's paired with. This is one of the oldest blends I have.

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DAYLIGHT

for the gray days

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

4 drops · 2% · okay once a day

How it's built: 2, 1 and 1 again. Sweet orange leads, the warmest citrus there is. Black spruce keeps it from getting too sweet. Ginger is the base note, and a little heat at the end. Carnelian is the crystal for when you feel flat.

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HEAD

for a headache starting

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

3 drops · 1.5% · okay now and then, on 1 small spot

How it's built: this one goes on your temples, so it's 3 drops instead of 4. Peppermint is a loud oil, and it's what people reach for when a tension headache is building. Lavender softens its sharp edge. Roll it on your temples and the back of your neck, well away from your eyes.

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A Few Questions, Answered

How many crystal chips should I use?

3 to 10 in a 10 ml roller. A few is plenty, and they look gorgeous in there.

Will the oils hurt my crystals?

Not these 10. All 10 are fine sitting in your roller. Oil keeps water and air off them.

What about crystals that aren't in this book?

Check how hard they are before they go in a bottle. Soft crystals wear down and shed little bits into your blend. Selenite is the one people ask about most. It's soft enough to scratch with a fingernail, and water dissolves it. Leave it out of your rollers.

A good rule: crystals whose names end in "-ite" are usually soft, so keep them dry. Selenite, malachite, fluorite, lepidolite and calcite are all on that list.

How do I get the rollerball top off?

A roller bottle opener lifts the whole top out in one piece. It saves your fingernails. In a pinch, use the edge of a spoon handle. Go slowly so you don't crack the neck of the bottle.

Clear bottles or dark bottles?

Dark glass keeps out the light that ages oil. Clear glass doesn't. So use dark glass for a blend that's going to sit somewhere bright. A bottle that lives in a drawer or a cabinet, or one you'll finish in a week or 2, is fine in clear, and you get to see the chips.

How long will my blend last?

As long as its carrier oil. Made with fractionated coconut oil or jojoba, it lasts as long as you'll keep it. Made with rosehip or evening primrose, plan on a few months.

Give it a sniff now and then. A sharp or sour smell, a cloudy look, or your skin reacting to a blend that used to be fine all mean it's time to make a fresh one.

Can I reuse my bottle and chips?

Yes. Wash the bottle in warm soapy water, rinse it well, and let it dry completely. Wash the chips in warm water with a little mild soap and a soft cloth, since water alone won't take the oil off. Dry them all the way before they go back in a bottle.

Can I make one for someone else?

Please do. They make lovely gifts. Check "Before You Make Anything" for who it's for, and make it gentler if they need it. Lavender and sweet orange are hard to dislike.

Do I need to cleanse my crystals first?

If that's part of your practice, do it the way you always do, once the chips are dry. If it isn't, washing is all a chip needs. Some people set their crystals out under a full moon and some people never do. Both bottles work.

I'm brand new. Where do I start?

Clear quartz, lavender and fractionated coconut oil. 3 to 10 quartz chips, 4 drops of lavender, and fill the rest. Quartz pairs with almost anything, and lavender is the most forgiving oil there is. Make that one, use it for a week, and you'll have the feel of the whole thing.



ONE LAST THING

You're a Blender Now

That's the whole craft. Pick a feeling. Pick a crystal. Add the oils that pair with it, count your drops, top it with carrier oil, and roll.

These little bottles are one piece of how you take care of yourself, right alongside your food, your sleep, your walks, your prayers and your people.

That's where a roller belongs.

Roll · Breathe · Set.

Have a blessed day,
Misty