

DIY Essential Oil Rollerballs

* Fall & Winter Recipe Guide *



The House & Homestead

Getting Started

Essential oil rollerballs are a great resource to have on hand for so many reasons. They make a useful addition to your home medicine cabinet and a great gift for loved ones. And they're a cinch to make!

Start with a selection of high quality essential oils (I recommend and use **Plant Therapy essential oils** ([affiliate link](#)) but you can use whichever brand you love most), and a carrier oil of your choice. Fractionated coconut oil, jojoba oil, avocado oil and hemp seed oil are just a few suggestions.

Next you'll need some empty rollerballs. I use these **10ml Amber Glass Rollerballs from Plant Therapy**. I recommend buying more than you think you'll need

- a) because the more you buy the less it costs per rollerball, and
- b) because they are so easy to make and so versatile that I guarantee you'll want to make more and you'll think of so many ways to use them and so many people to give them to after you've made your first batch!

How to Make Essential Oil Rollerballs

Start by adding your essential oils to your rollerball. In general, aim for a 5% dilution for adults and a 1% dilution for kids ages 2 to 15. In a 10ml rollerball, this means 15 drops of essential oil total for adults and 3 drops for kids. Don't worry, I've got some recipes for you below:)

Once you've added your essential oils, fill the tube up the rest of the way with your carrier oil of choice. Then pop the rollerball top on, give it a good shake and voilà! It's ready to use!

But Wait! There's More!

Be sure to label your rollerballs as soon as you make them so you don't get them mixed up. (Trust me, it is very easy to mix them up when they don't have labels. Not that I've done it or anything...)

To make things easy, I've included the templates for the labels I use on our own rollerballs at home. You can print them out from this booklet on regular printer paper and paste them on, or they fit perfectly on these **Avery-brand sticky labels** ([affiliate link](#)), which is what we use to make our labels.

Once you've labelled them, you're done, for real. Add them to your medicine cabinet shelves or gift them to some special people in your life. (Did I mention these make great stocking stuffers? Because they do.)

For more in-depth information on making essential oil rollerballs, [check out this post](#).

That's it! Pretty easy, eh? Just the way I like it:)

Rollerball Recipes to Cure What Ails You

(Fall & Winter Edition)

** Please see disclaimer after KidSafe recipes for safety information and guidelines. **

Application: Apply directly to affected area if applicable, or to the neck, wrists and behind the ears

*** Rollerballs for adult use - 5% dilution ***

Relaxing Blend

5 drops lavender
5 drops sweet orange
5 drops vetiver

Calming Blend

5 drops lavender
5 drops bergamot
5 drops chamomile

Tension Relief Blend

5 drops lavender
5 drops peppermint
5 drops chamomile

Hangover Blend

5 drops peppermint
5 drops orange sweet
5 drops lemon

Tummy Ache Blend

5 drops lavender
5 drops peppermint
5 drops ginger

Breathe Easy Blend

5 drops eucalyptus
5 drops rosemary
5 drops tea tree

Immunity Blend

5 drops lemon
5 drops rosemary
5 drops clove

Skin Soother Blend

5 drops lavender
5 drops frankincense
5 drops palmarosa

Cracked Skin Antiseptic Blend

5 drops tea tree
5 drops rosemary
5 drops frankincense

Pain Relief Blend

5 drops peppermint
5 drops black pepper
5 drops helichrysum

Focus Blend

5 drops lemon
5 drops rosemary
5 drops peppermint

Mood Booster Blend

5 drops sweet orange
5 drops bergamot
5 drops lime

* KidSafe Rollerballs - 1% dilution *
(for ages 2-15)

KidSafe Relaxing Blend

1 drop lavender
1 drop sweet orange
1 drop vetiver

KidSafe Calming Blend

1 drop lavender
1 drop bergamot
1 drop chamomile

KidSafe Tension Relief Blend

1 drop lavender
1 drop palmarosa
1 drop chamomile

KidSafe Tummy Ache Blend

1 drop lavender
1 drop chamomile
1 drop spearmint

KidSafe Breathe Easy Blend

1 drop fir needle
1 drop cedarwood
1 drop frankincense

KidSafe Immunity Blend

1 drop lemon
1 drop frankincense
1 drop palmarosa

KidSafe Skin Soother Blend

1 drop lavender
1 drop frankincense
1 drop palmarosa

KidSafe Pain Relief Blend

1 drop lavender
1 drop spearmint
1 drop fir needle

KidSafe Focus Blend

1 drop lavender
1 drop grapefruit
1 drop cedarwood

KidSafe Mood Booster Blend

1 drop sweet orange
1 drop bergamot
1 drop steam distilled lime

Disclaimer and safety notes:

Please note that all of these recipes are intended for standard 10ml rollerballs. Also note that any rollerballs that contain lemon should not be applied to skin that will be exposed to direct sunlight as this can cause a phytotoxic reaction that can result in something similar to a sunburn. Pregnant women should not use essential oils without first checking with their midwife or physician.

It is my legal responsibility to remind you that I am not a doctor and am simply sharing the essential oil blends that we use in our house and that I have researched thoroughly and understand to be safe. It is always recommended to consult your doctor, naturopath or certified health care practitioner before incorporating essential oils into your regular healthcare routine.

**Relaxing
Blend**

Made with pure
essential oils

**Calming
Blend**

Made with pure
essential oils

**Tension
Relief Blend**

Made with pure
essential oils

**Hangover
Blend**

Made with pure
essential oils

**Tummy Ache
Blend**

Made with pure
essential oils

**Breathe Easy
Blend**

Made with pure
essential oils

**Immunity
Blend**

Made with pure
essential oils

**Skin Soother
Blend**

Made with pure
essential oils

**Antiseptic
Blend**

Made with pure
essential oils

**Focus
Blend**

Made with pure
essential oils

**Mood Boosting
Blend**

Made with pure
essential oils

Blend

Made with pure
essential oils

**Relaxing
Blend**

Made with pure
essential oils

**Calming
Blend**

Made with pure
essential oils

**Tension
Relief Blend**

Made with pure
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**Hangover
Blend**

Made with pure
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**Tummy Ache
Blend**

Made with pure
essential oils

**Breathe Easy
Blend**

Made with pure
essential oils

**Immunity
Blend**

Made with pure
essential oils

**Skin Soother
Blend**

Made with pure
essential oils

**Antiseptic
Blend**

Made with pure
essential oils

**Focus
Blend**

Made with pure
essential oils

**Mood Boosting
Blend**

Made with pure
essential oils

Blend

Made with pure
essential oils

**Relaxing
Blend**

* KidSafe *

Made with pure
essential oils

**Calming
Blend**

* KidSafe *

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essential oils

**Tension
Relief Blend**

* KidSafe *

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**Tummy Ache
Blend**

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**Breathe Easy
Blend**

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