

# DIY Essential Oil Rollerballs

\* SPRING & SUMMER 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 rollerball bottles. 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're so easy to make and so versatile that I guarantee you'll want to make more

## 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! Add them to your medicine cabinet shelves or gift them to some special people in your life.

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

That's it! Pretty easy, eh?

# Rollerball Recipes for spring & summer

*\* 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 \***

## **Buzz Off Bug Repellent**

5 drops citronella  
5 drops lemongrass  
5 drops tea tree

## **After Bite**

5 drops peppermint  
5 drops tea tree  
5 drops lavender

## **Sun Soother After Sun Blend**

5 drops lavender  
5 drops peppermint  
5 drops frankincense

## **Boo Boo Blend**

5 drops frankincense  
5 drops tea tree  
5 drops lavender

## **Tummy Ache Blend**

5 drops lavender  
5 drops peppermint  
5 drops ginger

## **Spring Allergy Blend**

5 drops peppermint  
5 drops lemon  
5 drops lavender

## **Headaches & Hangovers Blend**

5 drops peppermint  
5 drops lavender  
5 drops sweet orange

## **Summer Cough & Cold Blend**

5 drops chamomile  
5 drops lemon  
5 drops eucalyptus

## **Stress-Free Summer Blend**

5 drops lavender  
5 drops sweet orange  
5 drops ylang ylang

## **Anxious Traveller Blend**

5 drops lavender  
5 drops sandalwood  
5 drops ylang ylang

## **“Sunny Disposition” Mood Booster**

5 drops pink grapefruit  
5 drops peru balsam  
5 drops lime

## **Happy Gardener Blend**

5 drops basil  
5 drops lemon  
5 drops lemongrass

**\* KidSafe Rollerballs - 1% dilution \***  
(FOR AGES 2-15)

**KidSafe “Buzz Off” Bug Spray**

1 drop citronella  
1 drop lavender  
1 drop geranium

**KidSafe After Bite**

1 drop chamomile  
1 drop lavender  
1 drop tea tree

**KidSafe Sun Soother Blend**

1 drop lavender  
1 drop spearmint  
1 drop frankincense

**KidSafe Boo Boo Blend**

1 drop frankincense  
1 drop tea tree  
1 drop lavender

**KidSafe Spring Allergy Blend**

1 drop lavender  
1 drop lemon  
1 drop fir needle

**KidSafe Headache Blend**

1 drop lavender  
1 drop sweet orange  
1 drop spearmint

**KidSafe Cough & Cold Blend**

1 drop chamomile  
1 drop lemon  
1 drop eucalyptus

**KidSafe Stress-Free Blend**

1 drop lavender  
1 drop sweet orange  
1 drop chamomile

**KidSafe Anxious Traveller Blend**

1 drop lavender  
1 drop vetiver  
1 drop chamomile

**KidSafe Mood Boosting Blend**

1 drop sweet orange  
1 drop pink grapefruit  
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 citrus, including lemon, lime & bergamot, 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. This applies to standard cold pressed oils, however steam distilled lemon and lime oils are safe to use in the sun.*

*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.*

**"Buzz Off"  
Bug  
Repellent**

Made with pure  
essential oils

**After Bite  
Blend**

Made with pure  
essential oils

**Sun Soother  
Blend**

Made with pure  
essential oils

**Boo Boo  
Blend**

Made with pure  
essential oils

**Spring Allergy  
Blend**

Made with pure  
essential oils

**Headaches &  
Hangovers  
Blend**

Made with pure  
essential oils

**Cough & Cold  
Blend**

Made with pure  
essential oils

**Stress-Free  
Summer Blend**

Made with pure  
essential oils

**Anxious  
Traveller  
Blend**

Made with pure  
essential oils

**Happy Gardener  
Blend**

Made with pure  
essential oils

**Mood Boosting  
Blend**

Made with pure  
essential oils

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**Blend**

Made with pure  
essential oils

**"Buzz Off"  
Bug  
Repellent**

Made with pure  
essential oils

**After Bite  
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Made with pure  
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**Sun Soother  
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**Boo Boo  
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Made with pure  
essential oils

**Spring Allergy  
Blend**

Made with pure  
essential oils

**Headaches &  
Hangovers  
Blend**

Made with pure  
essential oils

**Cough & Cold  
Blend**

Made with pure  
essential oils

**Stress-Free  
Summer Blend**

Made with pure  
essential oils

**Anxious  
Traveller  
Blend**

Made with pure  
essential oils

**Happy Gardener  
Blend**

Made with pure  
essential oils

**Mood Boosting  
Blend**

Made with pure  
essential oils

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**Blend**

Made with pure  
essential oils

**"Buzz Off"  
Bug Spray**

\* KidSafe \*

Made with pure  
essential oils

**After Bite  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Sun Soother  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Boo Boo  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Spring Allergy  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Headache  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Cough & Cold  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Stress-Free  
Summer Blend**

\* KidSafe \*

Made with pure  
essential oils

**Anxiety  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Mood Boosting  
Blend**

\* KidSafe \*

Made with pure  
essential oils

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**Blend**

Made with pure  
essential oils

\_\_\_\_\_  
**Blend**

Made with pure  
essential oils

**"Buzz Off"  
Bug Spray**

\* KidSafe \*

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essential oils

**After Bite  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Sun Soother  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Boo Boo  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Spring Allergy  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Headache  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Cough & Cold  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Stress-Free  
Summer Blend**

\* KidSafe \*

Made with pure  
essential oils

**Anxiety  
Blend**

\* KidSafe \*

Made with pure  
essential oils

**Mood Boosting  
Blend**

\* KidSafe \*

Made with pure  
essential oils

\_\_\_\_\_  
**Blend**

Made with pure  
essential oils

\_\_\_\_\_  
**Blend**

Made with pure  
essential oils