

## Security Blanket (Immune Support)



ROLL ON PULSE POINTS AND BOTTOMS OF FEET AS NEEDED FOR IMMUNE SUPPORT/PROTECTION.  
(GREAT FOR USE BEFORE/DURING TRAVEL)

RECIPE >> • 1 drop Frankincense • 1 drop Tea Tree  
• 1 drop Lemon • 1 drop Oregano, fill rest with carrier oil.  
OR • 3 drops Thieves, fill rest with carrier oil.



## Ear Ease

ROLL AROUND OUTSIDE OF EARS, ON NECK, AND BOTTOMS OF FEET AS NEEDED FOR RELIEF FROM EARACHES AND PAINS.  
(GREAT FOR AIRPLANE TRAVEL)

RECIPE >> • 1 drop Lavender • 1 drop Tea Tree • 1 drop Basil • 1 drop Oregano, fill rest with carrier oil.

## Fever Fix



ROLL ON FOREHEAD, SPINE, AND BOTTOMS OF FEET EVERY 1-2 HOURS TO HELP BODY COOL DOWN NATURALLY.

RECIPE >> • 1 drop Lavender • 1 drop Peppermint  
• 1 drop Lemon • 1 drop Frankincense, fill rest with carrier oil.

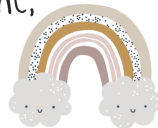
## Tummy Tamer



ROLL ON ABDOMEN & BOTTOMS OF FEET AS NEEDED FOR RELIEF FROM GAS, BLOATING, UPSET TUMMY.

RECIPE >> • 1 drop Fennel • 1 drop Ginger • 1 drop Lavender • 1 drop Orange, fill rest with carrier oil.  
OR • 3 drops Tummygize, fill rest with carrier oil.

## Breathe,



## Baby

ROLL ON CHEST, BACK, & BOTTOMS OF FEET AS NEEDED FOR COUGH AND CONGESTION RELIEF.

RECIPE >> • 1 drop Frankincense • 1 drop Lavender  
• 1 drop Tea Tree • 1 drop Rosemary, fill rest with carrier oil.



## Gum Relief

ROLL ON JAW LINE AND BOTTOMS OF FEET AS NEEDED FOR TEETHING RELIEF.  
(DO NOT APPLY DIRECTLY TO GUMS)

RECIPE >> • 1 drop Lavender • 1 drop Copaiba  
• 1 drop Roman Chamomile, fill rest with carrier oil.

## Rash Guard



ROLL ON AFFECTED AREAS AS NEEDED FOR RELIEF FROM DIAPER RASH, CRADLE CAP, ECZEMA, ETC.

RECIPE >> • 1 drop Lavender • 1 drop Tea Tree  
• 1 drop Roman Chamomile, fill rest with carrier oil.

## Sleepy Time



ROLL ON TEMPLES, NECK, WRISTS, AND BOTTOMS OF FEET 30 MINUTES BEFORE BEDTIME.

RECIPE >> • 1 drop Lavender • 1 drop Cedarwood  
• 1 drop Roman Chamomile, fill rest with carrier oil.  
OR • 3 drops Sleepyize, fill rest with carrier oil.

## Happy Baby



ROLL ON BOTTOMS OF FEET AS NEEDED TO PROMOTE FEELINGS OF CONTENTEDNESS.

RECIPE >> • 2 drops Gentle Baby • 2 drops Lavender, fill rest with carrier oil.

## Cough Calmer



ROLL ON CHEST AND BACK AS NEEDED FOR COUGH/CONGESTION RELIEF.

RECIPE >> • 1 drop Frankincense • 2 drops Tea Tree • 1 drop Lemon, fill rest with carrier oil.

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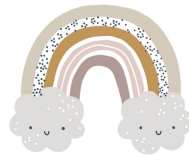
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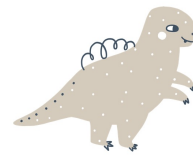
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