

Back To School A-Z Roller Recipes

Take the following recipes and add each essential oil to a 10 mL bottle. Top off with YL V6 oil, grape seed oil, or fractionated coconut oil and add the roll-on top.

→ *to view these recipes longer,
hold down on the image.*



"A"

is for

A+ Attendance

10 drops Frankincense
10 drops Lemon
10 drops Thieves



"B"
is for
Belly Buster

5 drops DiGize
5 drops Copaiba
5 drops Lavender



"C"

is for

Cranky Pants

5 drops Joy
5 drops Lavender
5 drops Orange



"D"
is for
Daydreamer

10 drops Present time
5 drops Sacred Mountain



"E"

is for

Energy

10 drops En-R-Gee
10 drops Peppermint
5 drops Abundance



"F"

is for

Fearless

5 drops Stress Away
5 drops Lime
5 drops Tangerine



"G"
is for
Gym Class

10 drops PanAway
5 drops Copaiba
5 drops Lavender



"H"

is for

Homework Helper

10 drops Vetiver

10 drops Lavender

10 drops Cedarwood

10 drops Frankincense



"I"

is for

Immune

5 Thieves
5 Oregano
10 Frankincense
10 Lemon



"J"
is for
joy

5 drops Orange
5 drops Ylang Ylang
5 drops Jasmine
5 drops Cardamom
5 drops Clary Sage



"K"
is for
Kindness

10 drops Christmas Spirit



"L"

is for

Learning

10 drops Brain power
5 drops Rosemary
5 drops Clarity



"M"

is for

Moody Mondays

5 drops White Angelica

5 drops Peace & Calming

5 drops Stress Away



"N"

is for

Nature Walk

15 drops Citronella

15 drops Rosemary

15 drops Lavender

15 drops Geranium



"O"

is for

Oh, hormones

5 drops Dragon Time
5 drops Frankincense
5 drops Copaiba



"P"
is for
Pep Rally

10 drops Orange
5 drops Peppermint



"Q"

is for

Quiet Time

10 drops Bergamot
5 drops Vetiver



"R"
is for
Refresh

10 drops Purification
5 drops Citrus Fresh



"S"
is for
Sleep

5 drops Lavender
5 drops Cedarwood
5 drops Roman Chamomile



"T"

is for

Tantrum Tamer

5 drops Valor
5 drops Release
5 drops Orange



"U"
is for
Uplifting

10 drops Believe
10 drops Idaho Balsam Fir



"V"

is for

Victory March

20 drops Valor



"W"
is for
Wake Up

10 drops Lemon
10 drops Peppermint



"X"

is for

X-tra Creative

5 drops Genyus
5 drops Tangerine
5 drops Clary Sage
5 drops Peppermint



"y"

is for

Yuckies

10 drops Raven
5 drops DiGize



"Z"

is for

Zen

10 drops Northern Lights Black Spruce
7 drops Tangerine

