



# Young Living for Teachers



## "Do the Things" Roll-On Recipe

### INGREDIENTS

- 10 drops of Vetiver
- 10 drops of Lavender
- 10 drops of Cedarwood

### DIRECTIONS

Add each essential oil to a 10 mL bottle and top off with YL V6 oil, grape seed oil, or fractionated coconut oil. Apply to temples, wrists, and/or back of the neck as needed.

Notes:

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## School Night Roll-on Recipe

### INGREDIENTS

- 6 drops Lavender
- 6 drops Peace & Calming
- 3 drops Marjoram

### DIRECTIONS

Mix in a 10 ml roll-on. Top it off with the carrier oil of your choice and roll on your neck and wrists before bed.



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## Pick-Me-Up Roll-On Recipe



### INGREDIENTS

- 3 drops of Joy
- 7 drops of Peppermint
- 10 drops of Lemon
- 10 drops of Orange

### DIRECTIONS

Top the bottle off with YL V6 carrier oil and apply to your wrists and back of neck as needed.

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