

5 Most Useful Roller Bottle Blends



Essential Oil Blends

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5 Most Useful Essential Oil Roller Bottle Recipes

1. Evening Reset Blend

- **Scent Profile:** Soft, floral and woody. Traditionally used in aromatherapy to create a calm, relaxing bedtime atmosphere.
- **Ingredients:**
 - 10 drops Lavender essential oil
 - 5 drops Roman Chamomile essential oil
 - 5 drops Cedarwood essential oil
 - Top up with chosen carrier oil (see Carrier Oil Guide)
- **Instructions:**
 - a. Add essential oils to a 10ml roller bottle.
 - b. Fill the rest with your chosen carrier oil.
 - c. Apply to wrists and soles of feet in the evening as part of your bedtime routine.

2. Hard Day Blend

- **Scent Profile:** Cool, minty and herbal. Traditionally used in aromatherapy for a refreshing, cooling aroma during busy days.
- **Ingredients:**
 - 10 drops Peppermint essential oil
 - 5 drops Lavender essential oil
 - 5 drops Frankincense essential oil
 - Top up with chosen carrier oil (see Carrier Oil Guide)
- **Instructions:**
 - a. Combine essential oils in a 10ml roller bottle.
 - b. Top off with your chosen carrier oil.
 - c. Apply to wrists and back of neck as desired. Avoid the eye area.

3. *Winter Ready Blend*

- **Scent Profile:** Crisp, camphorous and citrusy. Traditionally used in aromatherapy for a clean, fresh aroma, especially in the cooler months.
- **Ingredients:**
 - 5 drops Tea Tree essential oil
 - 5 drops Lemon essential oil
 - 5 drops Eucalyptus essential oil
 - 5 drops Frankincense essential oil
 - Top up with chosen carrier oil (see Carrier Oil Guide)
- **Instructions:**
 - a. Add essential oils to a 10ml roller bottle.
 - b. Fill with your chosen carrier oil.
 - c. Apply to wrists, neck and soles of feet as desired. Avoid direct sun on skin after use (contains Lemon).

4. *Morning Uplift Blend*

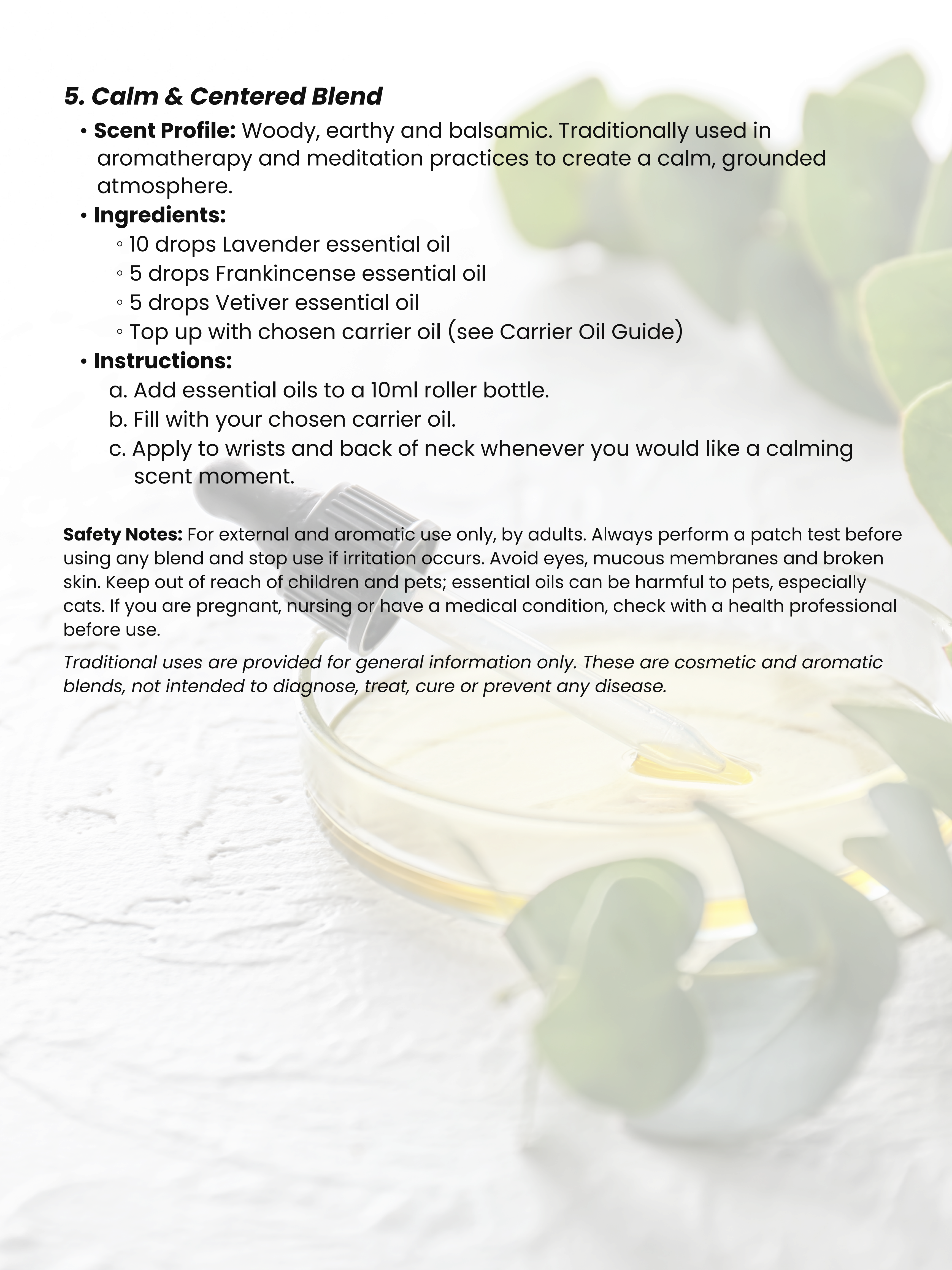
- **Scent Profile:** Bright, sweet citrus with herbal mint. Traditionally used in aromatherapy for a fresh, uplifting aroma to start the day.
- **Ingredients:**
 - 10 drops Wild Orange essential oil
 - 5 drops Peppermint essential oil
 - 5 drops Rosemary essential oil
 - Top up with chosen carrier oil (see Carrier Oil Guide)
- **Instructions:**
 - a. Combine essential oils in a 10ml roller bottle.
 - b. Top with your chosen carrier oil.
 - c. Apply to wrists and back of neck as desired.

5. Calm & Centered Blend

- **Scent Profile:** Woody, earthy and balsamic. Traditionally used in aromatherapy and meditation practices to create a calm, grounded atmosphere.
- **Ingredients:**
 - 10 drops Lavender essential oil
 - 5 drops Frankincense essential oil
 - 5 drops Vetiver essential oil
 - Top up with chosen carrier oil (see Carrier Oil Guide)
- **Instructions:**
 - a. Add essential oils to a 10ml roller bottle.
 - b. Fill with your chosen carrier oil.
 - c. Apply to wrists and back of neck whenever you would like a calming scent moment.

Safety Notes: For external and aromatic use only, by adults. Always perform a patch test before using any blend and stop use if irritation occurs. Avoid eyes, mucous membranes and broken skin. Keep out of reach of children and pets; essential oils can be harmful to pets, especially cats. If you are pregnant, nursing or have a medical condition, check with a health professional before use.

Traditional uses are provided for general information only. These are cosmetic and aromatic blends, not intended to diagnose, treat, cure or prevent any disease.



Carrier Oil Guide

Use what you have on hand, or pick your next bottle here

Comedogenic rating is a general 0 to 5 guide to how likely an oil is to clog pores (0 = very unlikely, 5 = very likely). Ratings vary by source and by person, so patch test any new oil.

Fractionated Coconut Oil

Comedogenic rating: 2 to 3 | **Consistency:** Thin, light, clear liquid; stays liquid in the cold and has almost no scent. Absorbs smoothly with a non-greasy feel.

Good to know: Very long shelf life (2+ years), so a good first buy.

Warning: Avoid with a coconut allergy. With a rating of 2 to 3, use with care on the face if you are prone to clogged pores.

Jojoba Oil

Comedogenic rating: 2 | **Consistency:** Light, silky liquid wax (technically not an oil) with a golden color. Absorbs steadily and leaves a smooth finish.

Good to know: Very stable with a shelf life of 2+ years, and its structure is similar to the skin's own oils. Thickens or turns cloudy in the cold.

Warning: Rare allergies can occur; patch test first.

Rosehip Seed Oil

Comedogenic rating: 1 | **Consistency:** Light to medium, dry-feeling oil with an amber-orange color and a slightly earthy scent. May stain fabric.

Good to know: A premium oil often added to facial oils. Shelf life is only 6 to 12 months; store in the fridge after opening.

Warning: Throw it out if it smells sharp or like crayons (rancid).

Grapeseed Oil

Comedogenic rating: 1 to 2 | **Consistency:** Very light, thin and almost scentless; absorbs fast with a silky, non-greasy finish.

Good to know: Budget friendly and easy to find. Shelf life is short (about 6 months), so buy small bottles.

Warning: Avoid with a grape allergy. Check for rancid smell before use.

Sweet Almond Oil

Comedogenic rating: 2 | **Consistency:** Light to medium, smooth and slippery with a faint nutty scent; a classic massage oil.

Good to know: Affordable and widely available. Shelf life is about 1 year.

Warning: NOT suitable for anyone with a nut allergy. Label any blend you share or sell.

Camellia Seed Oil

Comedogenic rating: 0 to 1 | **Consistency:** Very light, silky and nearly odorless with a pale gold color; absorbs quickly.

Good to know: Long shelf life (about 2 years). A traditional beauty oil in Japan and China, sold as tsubaki or tea seed oil.

Warning: Rare allergies can occur; patch test first. Usually pricier than other light oils.

Castor Oil

Comedogenic rating: 1 | **Consistency:** Extremely thick, sticky and glossy. Too thick to use alone in a roller bottle.

Good to know: Use only as a small part (about 10 to 25%) of a blend with a lighter oil. Long shelf life.

Warning: Can feel heavy and tacky on skin; patch test first.

Argan Oil

Comedogenic rating: 0 | **Consistency:** Light to medium, silky and quickly absorbed, with a mild nutty scent.

Good to know: Shelf life of 1 to 2 years. Choose cosmetic-grade argan oil, not the culinary kind. A premium-priced oil.

Warning: Made from the kernels of the argan fruit; use caution with tree nut allergies.

Avocado Oil

Comedogenic rating: 2 to 3 | **Consistency:** Thick, rich and heavy, slow to absorb, and deep green when unrefined.

Good to know: Better for body areas than the face. Too thick alone for most rollers, so blend with a lighter oil. Shelf life about 1 year.

Warning: A higher rating means more likely to clog pores. Avoid with an avocado or latex-fruit allergy.

Storage: keep carrier oils in a cool, dark place with the lid closed and note the date you opened them. If an oil smells sharp, stale or like crayons, replace it.

Shop now: navyheart.ca/shop for your next essential or carrier oil