

Essential Oil Recipe Blend

FOR HEADACHES, NAUSEA,
MENSTRUAL CRAMPS, MINOR
CUTS & BUMPS

You will need

10ml glass roller vial

Carrier oil

Lavender oil

Peppermint oil

Method

Add 1ml of the carrier oil to the bottle first.

Then add 5 drops of each essential oil.

Top-up the roller until full with carrier oil

(ensure not to overfill).

Place the roller cap on and then shake.

Your essential oil is ready to use.

Recipe by: **OYL'E London**

Aromatherapy Jewellery & Essential Oils

LIVINGPRETTYHAPPY.COM

Always keep essential oils out of sight and reach of children & pets at all times



© LIVINGPRETTYHAPPY.COM