

CHAKRA ROLLER BLENDS

Add essential oils to empty roll on. If adding stones, place inside roll on. Then add essential oils. Add the carrier oil of choice, being careful not to overfill. Securely place roller ball fitment into orifice. Roll on!



CROWN (SAHASRARA):

I AM AT PEACE

14 drops Lavender, 8 drops Inspiration, 4 drops Petigrain
Recommended Stone: Amethyst



THIRD EYE (AJNA):

I AM CALM, I CAN SOLVE MY PROBLEMS

3 drops Sandalwood, 12 drops White Angelica, 10 drops Frankincense
Recommended Stone: Tiger's Eye



THROAT (VISHUDDHA):

I EXPRESS MYSELF FREELY

5 drops Bergamot, 12 drops Valor, 6 drops Lemon
Recommended Stone: Blue Lace Agate | Energy: Ether



HEART (ANAHATA):

I AM LOVED, I AM LOVING

5 drops Ylang Ylang, 10 drops Believe, 8 drops Envision
Recommended Stone: Rose Quartz | Energy: Air



SOLAR PLEXUS (MANIPURA):

I AM ORGANIZED

5 drops Rosemary, 12 drops Transformation, 8 drops Lavender, 3 drops Peppermint
Recommended Stone: Citrine | Energy: Fire



SACRAL (SWADHISTHANA):

I CONSTANTLY HAVE NEW IDEAS TO CREATE THE LIFE I WANT

12 drops Inner Child, 6 drops Patchouli, 8 drops Clary Sage
Recommended Stone: Carnelian | Energy: Water



ROOT (MULADHARA):

I AM CONFIDENT, I AM FULL OF ENERGY

5 drops Angelica, 10 drops Abundance, 8 drops Cypress
Recommended Stone: Hematite | Energy: Earth