



RECIPE IDEAS

FOR SPRAY/ROLLER BOTTLES AND CAPSULES

NOT FEELING WELL? MAKE A **FLU BOMB** CAPSULE.
FILL CAPSULE WITH THE FOLLOWING...
>> 4 LEMON >> 4 THIEVES >> 3 OREGANO >> 2 MELALEUCA
>> 2 FRANKINCENSE >> FILL REST WITH CARRIER OIL
>> SWALLOW WITH WATER.

GOOD IN A ROLLER BOTTLE TOO! MULTIPLY RECIPE, FILL WITH
CARRIER OIL AND ROLL ON BOTTOMS OF FEET

Switch to a non-toxic sanitizer spray! Good for public restrooms, shopping carts,
bowling shoes... anything icky! Also great as a sore throat spray! !

Thieves Spray...

>> 10-15 drops Thieves >> A pinch of salt

Fill with distilled water.

Shake before use.

LLP

In a roller bottle, put 10 drops each of
- lemon - lavender - peppermint

Roll on bridge of nose and chest when
needed. Helps promote an "easier"
allergy season.

Take in a capsule. 3 drops each oil.

PAIN ROLLER

Knees? Elbows? Fingers? Head? Back?

Just roll on location..

>> 10 drops Panaway

>> 5 drops Copaiba or Peppermint

>> Fill with carrier oil

May add lavender. Your choice.

BUG SPRAY

Add 15 drops Purification, 5 drops Lavender
and 5 drops Peppermint to a 2oz spray
bottle. Add a pinch of salt and fill with
distilled water. Shake before use.
Apply generously and often!

Contact me with any questions! I would love to talk with you.
Be sure you are a part of our private FB group: Bottled Goodness.

