Our Favorite Roller Ball Recipes!

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Our 7 Favorite Recipes for Aromatherapy Roller Balls

I love these roll on bottles! Have been formulating away for various holiday gifts and thought I’d share. The roller ball is basically a 0.35 oz bottle with a cap/lid that contains a ball.

Each roller bottle holds 9ml of base oil. Choose what you have in stock, jojoba, sesame, rosehip seed, calendula herbal oil, etc. etc. Base oils add nourishment, and may add color (e.g. avocado oil) and/or an aroma (e.g. raspberry seed oil). The possibilities are endless.

The average number of drops for essential oils is between 5 to 12, depending on essential oils being used and goal of roller ball formulation. For example you could use less with essential oils such as sandalwood or rose or more with those monoterpene rich essential oils, like the conifers or citrus essential oils.
To make:
1. It helps to have small beakers on hand but a small measuring cup works too.
2. Fill beaker with oil of choice
3. Pour oil into bottle, to just at the lip (where the side begins to turn in and go up). *You don’t want to fill it up to the very top!
4. Add in your drops of essential oil/s.
5. Holding a clean finger tip to the top, vigorously shake.
6. Smell the final blend to make sure it smells the way you would like it to.
7. Place ball and cap onto inside lid.
8. Place cap on bottle.
9. Label bottle and it’s ready to go.

Here are a few of my favorite roll on aromatherapy recipes:

**Peace of Mind**
9ml of Sesame Oil
3 drops Sandalwood (*Santalum* sp.)
2 drops Frankincense (*Boswellia carteri*)
2 drops Mandarin (*Citrus reticulata*)

**Love**
9ml Jojoba or Vanilla-infused Jojoba
2 drops Rose (*Rosa damascena*)
3 drops Sandalwood (*Santalum* sp.) or Frankincense (*Boswellia carteri*)
3 drops Tangerine (*Citrus reticulata*)

**Forest**
6 ml Jojoba
3ml Avocado oil (love the color addition)
2 drops Pine (*Pinus sylvestris*)
4 drops Fir (*Abies alba* or other *Abies* sp.)
3 drops Cypress (*Cupressus sempervirens*)

**Cinnamon Spice**
9ml Jojoba or Vanilla-infused Jojoba
2 drops Cinnamon leaf (*Cinnamomum zeylanicum*)
4 drops Cardamom (*Elettaria cardamomum*)
2 drops Ginger (*Zingiber officinale*)
Breathing Space
9ml Jojoba
3 drops Eucalyptus radiata
4 drops Rosemary ct. cineole (*Rosmarinus officinalis*)
3 drops Laurel (*Laurus nobilis*)

Itch Relief
5ml Calendula herbal oil
4ml Jojoba or Sunflower oil
1 - 2 drops German chamomile (*Matricaria recutita*) or Cape chamomile
3 drops Lavender (*Lavandula angustifolia*)
3 drops Helichrysum (*Helichrysum italicum*) (or Frankincense - *Boswellia carteri*)

Calm and Nourish
9ml Jojoba oil
2 drops Ylang ylang (*Cananga odorata*)
1-2 drops Neroli (*Citrus aurantium var. amara*)
1 drop Ginger (*Zingiber officinale*)
2 drops Tangerine (*Citrus reticulata*)

Making a Batch of Aromatherapy Roller Balls

To make a batch of 10 bottles

1. Measure our 90milliliters / 3 fl ounces of base oil/s.
2. Add in 70 drops of essential oil synergy or single essential oil. *e.g. Peace of Mind* – 30 drops Sandalwood, 20 drops Frankincense, 20 drops Mandarin
3. Combine essential oil synergy with vegetable oil.
4. Stir with metal stir rod or glass stir rod until well combined.
5. Pour blend into each bottle, filling just to where ‘lip’ begins to turn up.
6. Pop ball/lid into bottle, then cap.
7. Place labels on each bottle.
8. Ready to give to friends and family!