



**PINK GRAPEFRUIT**  
**Brain Tamer**

ROLLER BLEND

## **What you'll need:**

- 2 drops Spearmint essential oil
- 2 drops Grapefruit Pink essential oil
- 1 drop Chamomile Roman essential oil
- 1 drop Bergamot essential oil
- 10 mL (2 tsp) carrier oil of your choice
- 10 mL roller bottle

## **What you'll do:**

First, add essential oils to empty roller bottle. Then fill with a carrier oil. Finally, apply to temples and back of the neck.