

FLAME FIGHTER ROLLER BLEND

What you'll need:

- 10 mL roll on bottle
- 4 drops Marjoram Sweet
- 1 drop Blue Tansy
- 1 drop Helichrysum Italicum
- Carrier oil of choice

What you'll do:

- Add essential oils to the roll-on bottle.
- Fill the roll on bottle with carrier oil.
- Apply to uncomfortable joint and/or muscle areas.

Note: meant for inflammation

