



Stephanie Tyler, ND

Sleep Baby Rollerball

1 - 3 drops Sleepyize
 Fractionated Coconut oil
 Add Sleepyize to roller bottle and top with fractionated coconut oil.

Calm Mama Rollerball

20 drops StressAway
 Fractionated coconut oil
 Add Stress Away to roller bottle and top with fractionated Coconut Oil

Happy Tummy Rollerball

1-3 drops TummyGize or 1 drop Ginger
 Fractionated coconut oil
 Add essential oils to roller ball and top with fractionated coconut oil.

Gum Massage Oil

1 TBSP Coconut oil
 1 - 3 drop Frankincense or Copaiba Vitality
 Mix together in a glass container. Use a small dab during gum massage.

Happy Mama Diffuser Blend

3 drops Tangerine
 3 drops Grapefruit
 2 drops Lemon
 2 drops Bergamot

Happy Mama Rollerball

10 drops Joy
 10 drops Grapefruit
 10 drops Bergamot
 Fill roller bottle with essential oils, then top with carrier oil of choice.

dilution for baby

DILUTED IN 10 ML OF CARRIER OIL.

| AGE | ESSENTIAL OIL |
|-------------|---------------|
| Newborn | 1 DROP |
| 2-6 MONTHS | 1-2 DROPS |
| 6-12 MONTHS | 1-3 DROPS |
| 1-4 YEARS | 4-8 DROPS |

CARRIER OIL OPTIONS
 Fractionated Coconut Oil,
 Sweet Almond Oil,
 V-6™ Vegetable Oil