



Roller Ball Remedy for Boo Boos, Cuts, Bites, and Scrapes

The first recipe couldn't be easier. We're going to make a lavender and tea tree roller to apply to bites, scrapes, and boo boos. This roller ball will take away the itch and inflammation from bites and scrapes. It's antimicrobial, and anti-inflammatory. Your child can use it themselves and control their pain without running to you for help every ten minutes. And just having the control can go a long way to managing pain and inflammation.



If you or your child is allergic to lavender essential oil, you can use sweet marjoram essential oil for the same actions.

Time: 5 minutes

Ingredients:

- 3 drops lavender or sweet marjoram essential oil
- 3 drops Tea tree essential oil
- 2 teaspoons olive oil
- 1 10 ml glass bottle with a roller ball top

Method:

Clean and sanitize a glass roller bottle. Air dry. Drop lavender and tea tree essential oils into the empty glass bottle. Fill the bottle with olive oil. Place the roller ball securely into the top of the bottle. Label and date.

To use:

Roll the roller ball directly on the skin to relieve the itching and pain of bites, skin rashes, burns, and irritation. If there is an open wound, clean the wound and stop the bleeding first. The use the lavender-tea tree roller bottle to prevent infection, ease pain, and speed healing of minor skin issues.