

# Connected Kids



- 10 drops Balance (Grounding Blend)
- 10 drops Vetiver
- Fractionated Coconut oil

1. In a 10ml glass roller bottle add these essential oils.
2. Fill up the rest of the bottle with fractionated coconut oil.
3. Apply to the back of neck, big toes, ears and across the forehead.
4. For best results, layer on [doTERRA InTune oil](#) in the same areas.
5. Apply these oils 2-3 times a day.



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