1-844-Davina9 (1-844-328-4629)

* [0](https://davinawellness.com/cart/)



* [Home](http://davinawellness.com/)
* [Shop](https://davinawellness.com/shop/)
* [Cart](https://davinawellness.com/cart/)
* [Blog](https://davinawellness.com/learn/)
* [Learn](https://davinawellness.com/learn/)
* [Info](https://davinawellness.com/information/)
* [Contact Us](https://davinawellness.com/contact_us/)

Have a coupon? [Click here to enter your code](https://davinawellness.com/checkout/)

Top of Form

### Billing details

First name \*

Last name \*

Company name

Country \*

Bottom of Form

Address \*



Town / City \*

State \*

ZIP \*

Phone \*

Email address \*

### Ship to a different address?

First name \*

Last name \*

Company name

Country \*

Address \*



Town / City \*

State \*

ZIP \*

Order notes

### Your order

| **Product** | **Total** |
| --- | --- |
| Blends Rollerball Keychain Kit  **× 1**  | $34.97  |
| Kneads Relief 4 ml Rollerball  **× 1**  | $2.78  |
| Custom Rollerball 4 ml Keychain Kit  **× 1**  | $32.81  |
| 1st Choice:Stress OUT 4 ml Rollerball **× 1**   | Option subtotal: $1.78  |
| 2nd Choice:Head Med 4 ml Rollerball **× 1**   | Option subtotal: $3.97  |
| 3rd Choice:Body Armor 4 ml Ready-to-Go\* Rollerball **× 1**   | Option subtotal: $3.30  |
| 4th Choice:Body Armor 4 ml Ready-to-Go\* Rollerball **× 1**   | Option subtotal: $3.30  |
| 5th Choice:Kneads Relief 4 ml Rollerball **× 1**   | Option subtotal: $2.78  |
| 6th Choice:Tummy Tamer 4 ml Rollerball **× 1**   | Option subtotal: $4.95  |
| 7th Choice:Frankincense 4 ml Rollerball **× 1**   | Option subtotal: $6.45  |
| 8th Choice:Kneads Relief 4 ml Rollerball **× 1**   | Option subtotal: $2.78  |
| Yawn 4 ml Rollerball  **× 1**  | $6.45  |
| **Subtotal** | $77.01 |
| **Shipping** | * Free Shipping
* Fixed Rate: $2.49
* Expedited: $5.49
 |
| **Total** | **$77.01** (includes $0.00 Tax) |

* Credit or Debit [What is PayPal?](https://www.paypal.com/us/webapps/mpp/paypal-popup)

You will be temporarily routed to a PayPal payment page and will return to Davina Wellness at the conclusion of the transaction

Top of Form

Bottom of Form

Top of Form

Bottom of Form

Top of Form



Bottom of Form

### Recently Viewed Products

* [Yawn Essential Oil Blend](https://davinawellness.com/product/yawn-essential-oil-blend/) $4.95–$17.95
* [Frankincense Essential Oil](https://davinawellness.com/product/frankincense-essential-oil/) $6.45–$18.95
* [Lavender Essential Oil](https://davinawellness.com/product/lavender-essential-oil/) $5.71–$13.95
* [Home](https://davinawellness.com/)
* [My Account](https://davinawellness.com/my-account/)
* [Shipping & Returns](https://davinawellness.com/information/shipping-and-returns/)
* [Contact Us](https://davinawellness.com/contact_us/)
* [Logout](https://davinawellness.com/logout/)

### Join Us

* [Affiliate](https://davinawellness.com/affiliate-info-page/)
* [Refer-a-Friend](https://davinawellness.com/affiliate-info-page/)

### Blog

### Subscriber Only Coupons!

Top of Form









Bottom of Form

© Copyright - Davina Wellness | The statements made on this website have not been evaluated by the Food & Drug Administration. Our products are not intended to diagnose, cure, or prevent any disease. If a condition persists, please contact your physician or health care provider. The information provided by this website or this company is not a substitute for a face-to-face consultation with a health care provider, and should not be construed as individual medical advice. Use caution when using essential oils, and do not use essential oils on infants, young children, or animals without proper medical supervision. - [Enfold WordPress Theme by Kriesi](http://www.kriesi.at)

* [Home](https://davinawellness.com/)
* [My Account](https://davinawellness.com/my-account/)
* [Shipping & Returns](https://davinawellness.com/information/shipping-and-returns/)
* [Contact Us](https://davinawellness.com/contact_us/)
* [Logout](https://davinawellness.com/logout/)

Leave us a Message!

We're not around, but we'd love to chat another time.

Top of Form

click here and type your Name

click here and type your Email

Type a message...



Bottom of Form

[Olark Live Chat](https://olark.com)

**I was talking to Sabrina today - who was very helpful.**

**She said she would substitute stainless steel roller tops for all the bottles.**

**Is there any way, even for a delay, and extra slight charge, that we could have amber or blue colored bottles. I'm sure you have access to them and could match the roller ball tops.**

**Also could I please order an extra lavender 4ml AND an extra body armor**

I wish I knew if you would be ready for shipping by June 1st, that is 2.5 months..  We are off to India and in need of travel oils.

What about ordering extra 4 ml oils??

I will start looking for bottles, please reply about the extra 4 ml oils and how I would add them to the order.

Would 5ml bottles fit in the cases?

Thanks so much for your help.

xo Nancy

I spent an hour making an order.  I sent it to you via chat.  It has disappeared from my cart on your site.  Do you have a copy by chance.  Please answer the questions above.  I appreciate your help.  Tried to reset my password.  Nothing happened.

* 

About the Product <http://davinawellness.com/>

* CONVENIENT: This 3” long travel kit Includes 8 of our ready to use essential oils: Frankincense, Lavender, Bergamot, Peppermint, Tea Tree, Oregano, Lemongrass, Eucalyptus
* QUALITY: GC/MS, Chiral Testing, HPLC, Optical Rotation, Refractive Index, Organoleptic, C14 Naturalness & Specific Gravity Testing ensure 100% pure & potent therapeutic grade essential oil blends expertly mixed with high quality fractionated coconut oil to make these rollerballs ready to use on the go with the ideal balance of aroma, potency & safety. If you have questions, a Davina Wellness aromatherapist or chemist is able to help thru Amazon Messages. We welcome your questions and input.
* CONSTANT COMPANION - This small essential oil carrying case fits easily in a purse or work bag, making it the perfect size to take with you everywhere you go and ensure you get the best use out of your kit. The carabiner clips on to a backpack or other bag. At home or on-the-go, keep your essential oils close at all times!
* FOR BEGINNER OR EXPERT: Sample introductory kit. Great in everyday and emergency situations. Neoprene padded carry case for protection. Only 3" x 2" x 1" - perfect for keychain, purse, backpack or glove box. Makes a great gift. Airport safe for liquids.

*TOPICALLY:*

Roll 1 or 2 revolutions on area of concern

**Product Description**

Color:**Blends**

At 3" x 2" x 1", the Pocket Doctor Travel Kit goes anywhere you go. It is filled with (8) 100% therapeutic grade essential oils blended with high quality fractionated coconut oil which makes these ready to go. The padded case protects the oils from UV light and the bottles, while the sturdy elastic straps keep them in place.

OIL BLENDS INCLUDED:
**YAWN:** Aids insomnia, quality of sleep & duration
**HEAD MED:** Soothes headaches.
**LIQUID SUNSHINE:** A citrus-based mood lifter
**BODY ARMOR:** Supports healthy immune function
**SORE…LOSER:** Soothes sore muscles and achy joints
**Stress OUT:** Decreases stress & anxiety
**DEEP BREATH:** Clears airways and combats congestion
**TUMMY TAMER:** Aids digestion, nausea, car sickness

Color:**Singles**

Davina’s Rollerball Pocket Doctor® Travel Kit is a goes anywhere kit with no messy mixing or guesswork. Perfect for busy individuals who simply want results. These blends are safe to apply directly to the skin, while maintaining the oil’s potent therapeutic benefits. Have kids? This kit is also Ideal for on-the-go families. Now you can safely use essential oils for kids over five with no worry, just apply and enjoy! The compact padded case, which is only 4" x 3" x 1”, protects the oils from UV light and cushions the bottles, while the sturdy elastic straps keep them in place. Each oil is conveniently labeled.

|  |
| --- |
| **Product Details**Color: **Singles*** **Shipping Information:** [View shipping rates and policies](https://www.amazon.com/gp/help/seller/shipping.html/ref%3Ddp_pd_shipping?ie=UTF8&asin=B01N7FR6LK&seller=A3BZZHUJ692B7K)
* **ASIN:** B01N7FR6LK
* **UPC:** 638455094482
* **Average Customer Review:** [*4.7 out of 5 stars* 62 customer reviews](https://www.amazon.com/product-reviews/B01N7FR6LK/ref%3Dacr_dpproductdetail_text?ie=UTF8&reviewerType=avp_only_reviews&showViewpoints=1)
* **Amazon Best Sellers Rank:** #254,720 in Health & Personal Care ([See Top 100 in Health & Personal Care](https://www.amazon.com/gp/bestsellers/hpc/ref%3Dpd_dp_ts_bt_1))
	+ #9026 in [Beauty](https://www.amazon.com/gp/bestsellers/beauty/ref%3Dpd_zg_hrsr_bt_1_1) > [Fragrance](https://www.amazon.com/gp/bestsellers/beauty/11056591/ref%3Dpd_zg_hrsr_bt_1_2) > [Aromatherapy](https://www.amazon.com/gp/bestsellers/beauty/3767491/ref%3Dpd_zg_hrsr_bt_1_3) > [**Oils**](https://www.amazon.com/gp/bestsellers/beauty/16250411/ref%3Dpd_zg_hrsr_bt_1_4_last)

**Product Warranty:** For warranty information about this product, please [click here](https://www.amazon.com/gp/feature.html/ref%3Ddp_warranty_request_3P?ie=UTF8&docId=1002406021) |

## Important Information

##### Ingredients

**Frankincense, Lavender, Bergamot, Peppermint, Tea Tree, Oregano, Lemongrass, Eucalyptus**

Top of Form

Bottom of Form

Top of Form

Bottom of Form

** 1
vote**

****

Top of Form

Bottom of Form

**Question:**

[**Do you sell your 3 ml rollerballs seperately? If so, how many for how mu**](https://www.amazon.com/forum/-/Tx386ENBILS7RT3/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**We don't sell them individually on Amazon. They are available from Davina Wellness
By Davina Wellness** [**SELLER**](https://www.amazon.com/gp/help/customer/display.html/ref%3Dcm_rn_bdg_help?ie=UTF8&nodeId=14279681) **on October 1, 2016**

Top of Form

Bottom of Form

** 0
votes**

****

Top of Form

Bottom of Form

**Question:**

[**Is there a way I could refill the bottles after they're all empty without buying the whole set again? Like do you sell oil refills?**](https://www.amazon.com/forum/-/Tx11JL2KWD8936N/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**The roller ball pops off. Oils can be bought on line or at most health food stores or you can blend your own fragrances. I am relatively new to essential oils & found much information on line. Good luck!
By SUSAN ALLEN on December 17, 2016**

Top of Form

Bottom of Form

** 0
votes**

****

Top of Form

Bottom of Form

**Question:**

[**Do they have one for focus?**](https://www.amazon.com/forum/-/Tx1J302Q4RWM7GO/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**The set contains Liquid Sunshine, Tummy Tamer, Body Armor (immunity), Stress OUT, Head Med (Headache blend), Deep Breath (respiratory), Sore . . . Loser, and Yawn but none for focus.
By Mark Henry on October 29, 2016**

[**See more answers (1)**](https://www.amazon.com/forum/-/Tx1J302Q4RWM7GO/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

Top of Form

Bottom of Form

** 0
votes**

****

Top of Form

Bottom of Form

**Question:**

[**Can you please tell me what mixture of oils are in each of the Pocket Doctor 3 rollers?**](https://www.amazon.com/forum/-/Tx214WMXM3AJMF/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**BODYÂ ARMOR: Wild OrangeÂ (Citrus sinensis),Â CloveÂ (Syzygium aromaticum),Â Cinnamon BarkÂ (Cinnamomum verum),Â RosemaryÂ (Rosmarinus officinalis),Â EucalyptusÂ (Eucalyptus radiata). DEEPÂ BREATH: Eucalyptus radiata, Eucalyptus globulus, PeppermintÂ (Mentha piperita),Â RosemaryÂ (Rosmarinus officinalis),Â RavensaryÂ (…** [**see more**](https://www.amazon.com/Essential-Pocket-Keychain-doTERRA-compare/dp/B01N7FR6LK/ref%3Dpd_bxgy_194_2?_encoding=UTF8&pd_rd_i=B01M16DTUD&pd_rd_r=EB8VXZP96QXR89KSAFKT&pd_rd_w=2rulb&pd_rd_wg=MAyda&refRID=EB8VXZP96QXR89KSAFKT&th=1)  **By Davina Wellness** [**SELLER**](https://www.amazon.com/gp/help/customer/display.html/ref%3Dcm_rn_bdg_help?ie=UTF8&nodeId=14279681) **on January 12, 2017**

Top of Form

Bottom of Form

Top of Form

Bottom of Form

** 1
vote**

****

Top of Form

Bottom of Form

**Question:**

[**Do you sell your 3 ml rollerballs seperately? If so, how many for how mu**](https://www.amazon.com/forum/-/Tx386ENBILS7RT3/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**We don't sell them individually on Amazon. They are available from Davina Wellness
By Davina Wellness** [**SELLER**](https://www.amazon.com/gp/help/customer/display.html/ref%3Dcm_rn_bdg_help?ie=UTF8&nodeId=14279681) **on October 1, 2016**

Top of Form

Bottom of Form

** 0
votes**

****

Top of Form

Bottom of Form

**Question:**

[**Is there a way I could refill the bottles after they're all empty without buying the whole set again? Like do you sell oil refills?**](https://www.amazon.com/forum/-/Tx11JL2KWD8936N/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**The roller ball pops off. Oils can be bought on line or at most health food stores or you can blend your own fragrances. I am relatively new to essential oils & found much information on line. Good luck!
By SUSAN ALLEN on December 17, 2016**

Top of Form

Bottom of Form

** 0
votes**

****

Top of Form

Bottom of Form

**Question:**

[**Do they have one for focus?**](https://www.amazon.com/forum/-/Tx1J302Q4RWM7GO/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**The set contains Liquid Sunshine, Tummy Tamer, Body Armor (immunity), Stress OUT, Head Med (Headache blend), Deep Breath (respiratory), Sore . . . Loser, and Yawn but none for focus.
By Mark Henry on October 29, 2016**

[**See more answers (1)**](https://www.amazon.com/forum/-/Tx1J302Q4RWM7GO/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

Top of Form

Bottom of Form

** 0
votes**

****

Top of Form

Bottom of Form

**Question:**

[**Can you please tell me what mixture of oils are in each of the Pocket Doctor 3 rollers?**](https://www.amazon.com/forum/-/Tx214WMXM3AJMF/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**BODYÂ ARMOR: Wild OrangeÂ (Citrus sinensis),Â CloveÂ (Syzygium aromaticum),Â Cinnamon BarkÂ (Cinnamomum verum),Â RosemaryÂ (Rosmarinus officinalis),Â EucalyptusÂ (Eucalyptus radiata). DEEPÂ BREATH: Eucalyptus radiata, Eucalyptus globulus, PeppermintÂ (Mentha piperita),Â RosemaryÂ (Rosmarinus officinalis),Â RavensaryÂ (…** [**see more**](https://www.amazon.com/Essential-Pocket-Keychain-doTERRA-compare/dp/B01N7FR6LK/ref%3Dpd_bxgy_194_2?_encoding=UTF8&pd_rd_i=B01M16DTUD&pd_rd_r=EB8VXZP96QXR89KSAFKT&pd_rd_w=2rulb&pd_rd_wg=MAyda&refRID=EB8VXZP96QXR89KSAFKT&th=1)  **By Davina Wellness** [**SELLER**](https://www.amazon.com/gp/help/customer/display.html/ref%3Dcm_rn_bdg_help?ie=UTF8&nodeId=14279681) **on January 12, 2017**

Top of Form

Bottom of Form

* **0
votes**

Top of Form

Bottom of Form

**Question:**

[**Can you use more then one blend at a time?**](https://www.amazon.com/forum/-/Tx292P9TME2DYFN/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**Yes you can
By Davina Wellness** [**SELLER**](https://www.amazon.com/gp/help/customer/display.html/ref%3Dcm_rn_bdg_help?ie=UTF8&nodeId=14279681) **on January 6, 2017**

[**See more answers (2)**](https://www.amazon.com/forum/-/Tx292P9TME2DYFN/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

Top of Form

Bottom of Form

* **0
votes**

Top of Form

Bottom of Form

**Question:**

[**Where are you shipping from? It says you can't ship to me, but I don't know why.**](https://www.amazon.com/forum/-/Tx2G6E2QMVVJMI9/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**Amazon ships these products. You will need to address this issue with them.
By Davina Wellness** [**SELLER**](https://www.amazon.com/gp/help/customer/display.html/ref%3Dcm_rn_bdg_help?ie=UTF8&nodeId=14279681) **on November 6, 2016**

Top of Form

Bottom of Form

* **0
votes**

Top of Form

Bottom of Form

**Question:**

[**How do you use tummy tamer? Do you just roll the oil on the tummy?**](https://www.amazon.com/forum/-/Tx2VCLVFKZK5WTE/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**Yes, that's correct. Usage guidelines for each rollerball is included in the kit
By Davina Wellness** [**SELLER**](https://www.amazon.com/gp/help/customer/display.html/ref%3Dcm_rn_bdg_help?ie=UTF8&nodeId=14279681) **on September 28, 2016**

Top of Form

Bottom of Form

* **0
votes**

Top of Form

Bottom of Form

**Question:**

[**Is the bottle made of glass or plastic?**](https://www.amazon.com/forum/-/Tx36E5XNTY55KQV/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**Glass
By Davina Wellness** [**SELLER**](https://www.amazon.com/gp/help/customer/display.html/ref%3Dcm_rn_bdg_help?ie=UTF8&nodeId=14279681) **on March 11, 2017**

[**See more answers (2)**](https://www.amazon.com/forum/-/Tx36E5XNTY55KQV/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

Top of Form

Bottom of Form

* **0
votes**

Top of Form

Bottom of Form

**Question:**

[**Can you tell me what oils you use in the head med?**](https://www.amazon.com/forum/-/Tx3ORKP0205M0GJ/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**Peppermint, Cajeput, Marjoram, Lavender, Rosemary, Frankincense, Basil, Wintergreen, Roman Chamomile
By Davina Wellness** [**SELLER**](https://www.amazon.com/gp/help/customer/display.html/ref%3Dcm_rn_bdg_help?ie=UTF8&nodeId=14279681) **on November 23, 2016**

[**See more answers (1)**](https://www.amazon.com/forum/-/Tx3ORKP0205M0GJ/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

Top of Form

Bottom of Form

* **0
votes**

Top of Form

Bottom of Form

**Question:**

[**Why are these oils not in dark bottles? I was told best oils are and im confused and new at this.**](https://www.amazon.com/forum/-/TxBQUR80228JI3/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**I believe the dark bag they are in protects them from the light.
By Carol Clasen on December 29, 2016**

[**See more answers (2)**](https://www.amazon.com/forum/-/TxBQUR80228JI3/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

Top of Form

Bottom of Form

* **0
votes**

Top of Form

Bottom of Form

**Question:**

[**Are these doTerra oils? Are the blends made with doTerra oils? Is there any association with doTerra? (In the description it says doTerra compare.)**](https://www.amazon.com/forum/-/TxZZ06AI4NF9QM/ref%3Dask_dp_dpmw_al_hza?asin=B01N7FR6LK)

**Answer:**

**No, they are not doTerra essential oils. You can read about them at davinawellness.com
By ZeusDog on November 3, 2016**

Top of Form

Bottom of Form



When you’re out-and-about and you get indigestion from that delicious, but indulgent lunch, or you feel that dreaded lump in your throat warning of an impending cold, or you get hit with a blanket of pollen that has you sneezing your way through town, you need something to act fast–you need essential oil roller kits!  At only 3″ x 2″ x 1″, the pocket rollerball essential oil kit goes everywhere you go. And its rollerball bottles make applying your oils on-the-go oh so easy and safe for your skin.

It is filled with (8) 4 ml 100% therapeutic grade essential oils blends (so no more wondering “what oil do I use for that?”) combined with fractionated coconut oil which makes it safe and easy to use at a moments notice. The padded case protects the vials while in your purse, while the sturdy elastic straps keep them in place.

BLENDS INCLUDED:

**YAWN**: Aids onset, quality and duration of sleep
**HEAD MED** : Soothes headaches.
**LIQUID SUNSHINE** : A citrus-based mood lifter
**BODY ARMOR** : Supports healthy immune function
**SORE MUSCLE**: Soothes sore muscles and achy joints
**Stress OUT** : Decreases stress & anxiety
**DEEP BREATH** : Clears airways and combats congestion
**TUMMY TAMER** : Aids digestion, nausea, car sickness

FEATURES:

* CONVENIENT: This 3″ long travel kit with 4 ml rollerballs is easy to apply and safe & ready to use on the go.
* PURE & THERAPEUTIC GRADE: 3rd Party GC/MS certified, 100% pure & potent therapeutic grade essential oil blends expertly mixed with high quality fractionated coconut oil to make these rollerballs ready to use on the go with the ideal balance of aroma, potency & safety.
* CONSTANT COMPANION – This small essential oil carrying case fits easily in a purse or work bag, making it the perfect size to take with you everywhere you go and ensure you get the best use out of your kit. The carabiner clips on to a backpack or other bag. At home or on-the-go, keep your essential oils close at all times!
* PERFECT GIFT!: This makes a great sample or introductory kit for the beginner or expert. Great for everyday use and in emergency situations. Neoprene padded carry case for protection. Only 3″ x 2″ x 1″ – perfect for keychain, purse, backpack or glove box. Makes a great gift. It is also airport safe for carry-on liquids.

### Customers' review

2 reviews 5.00 out of 5 stars

5 stars 2

4 stars 0

3 stars 0

2 stars 0

1 star 0

## 2 reviews for Blends Rollerball Keychain Kit

1. **5** out of 5

**VICKIE** November 28, 2016

Rollerball Keychain Kit I recently ordered the Rollerball Keychain kit for a friend and i liked it so good i ordered 3 more for gifts and kept one for myself. There is no certain oil that i like better than the other, they are all great and i love the fact that they are already blended with coconut oil so I don't have to do anything but 'roll them on' ..my 16 year old granddaughter also loved the oils so she ask to have one she can carry with her. ok…Stress Out and Deep Breath are 2 of my favorites…love them !!! and also…the people that work on the Davina website are amazing and will answer any of your questions post-haste.

1. **5** out of 5

**Becky** October 10, 2016

Blends that really work! These oils are awesome! I use them every day. My son sprained his finger and the sore muscle stuff (Sore...Loser), helped take the last bit of pain. I can't possibly say enough good stuff about Stress Out, my husband lives on it, and I personally sleep much much better using Yawn at night. I'm looking forward to trying the Pocket Doctor 4, the Chef kit, and custom building a kit or two for family members this Christmas. Thanks Davina, your oils are great!