

Kathleen Henderson

DIFFUSER & RECIPES





CONTENTS

Getting Started.....	2
How to Choose a Diffuser.....	3
How to Clean your Diffuser.....	4
Diffusing Like A Rockstar.....	5
Year Round Diffuser Blends.....	6
Fall Diffuser Blends.....	7
Holiday Diffuser Blends.....	8-10
Winter Diffuser Blends.....	11



GETTING STARTED

Looking for solid essential oil recipes for diffusing?

The sky's the limit when it comes to possible combinations, but here in this Diffuser Blends Ebook you'll find a few of my favorite blends to help you get started.

You'll also find my tips and tricks for using your diffusers *more* and maximizing their therapeutic benefit in your home.

For starters, I recommend adding a diffuser to every bedroom, plus the kitchen, or wherever your family spends the most time. Are there offices in your home? That's another great spot for a diffuser.

In the following pages, you'll find my recommendations for choosing a diffuser, keeping it clean, and making sure it gets used (which is the whole point!).

Happy diffusing!



HOW TO CHOOSE A DIFFUSER

FEATURES TO CONSIDER

Method

You want a diffuser that uses cool air to diffuse the oils, as opposed to heat. Heat damages the beneficial properties of essential oils.

Materials

The more expensive diffusers use *glass* for the parts that come into direct contact with the oils, or they allow you to diffuse directly from the actual oil bottle. More affordable diffusers use *plastic* parts, which is fine—just keep in mind that the oils will eventually affect the plastic. Over time, plastic parts can become cloudy or discolored.

Timer functions

This is a big deal to me—especially for diffusers that will be used in the bedroom for overnight diffusing. For all day or all night diffusing, look for a diffuser with an 8 hr or more intermittent timer setting.

Appearance

This doesn't necessarily affect the diffuser's performance, but if you'll be looking at the diffuser every day, you'll want to consider the way it fits into the intended space. Also consider a shorter, sturdier model if there are kids in the house.

Lights

Do you want your diffuser to light up? Some do. Some have optional lights that can be switched off. A few diffusers have lights that can't be turned off. It's something to consider, especially if your diffuser will live in a bedroom.



HOW TO CLEAN YOUR DIFFUSER

Step 1

Fill the water reservoir halfway and add 1/2 teaspoon white vinegar. Let it sit for a few minutes, then run the diffuser for a few minutes to loosen buildup.

Step 2

Turn off the diffuser, unplug it, and empty the water reservoir. Wipe it out with a clean cloth. Pay special attention to the sensor, which might require use of a cotton swab or small brush.

Step 3

Use your cloth to wipe down the exterior of the diffuser and the lid.

Step 4

Repeat as needed.

Tips:

- Keep a bottle of vinegar near each diffuser in the house.
- Keep a small brush or cotton swabs nearby, too.
- From time to time, run a cycle with only water and vinegar.



4 SECRETS

TO HELP YOU DIFFUSE LIKE A ROCKSTAR

1. Find a helper

If you can, choose a designated diffuser helper (or two!).

At my house...

- my husband loads up the bedroom diffusers every night.
- one son starts the kitchen diffuser every morning.

2. Hook it to a habit

Whether it's you or a designated helper loading up the diffuser each day, you'll be more successful if you hook this task to an existing daily routine.

For example:

- A friend fills her diffuser every morning when she fills her cat's water dish.
- My husband fills the bedroom diffusers every night during the kids' shower time.
- In the mornings, my son fills the kitchen diffuser during breakfast clean up time.
- Do you make coffee or tea every morning? That might be a good time to start your diffuser.

3. Keep oils nearby

Keep your oils near the diffuser. It may seem obvious, but I promise it will make a big difference! This is a prime example of why we keep multiple bottles of our favorite oils open and available in different spots throughout the home.

- My main oil stash lives in the kitchen.
- Sleepy oils are kept in the bathroom upstairs, where bedroom diffusers are filled.
- During the fall and other holiday seasons, we keep a cute bowl of season-specific oils beside the kitchen diffuser.

4. Keep recipes handy

Keep this collection of recipes near your diffuser. Mark your favorites. Empower your diffuser helper to select appropriate recipes from the following pages.



YEAR ROUND BLENDS

IMMUNE SUPPORT

- 4 drops On Guard + 3 drops Wild Orange
- 4 drops Lemon + 2 drops Tea Tree
- 7 drops On Guard

RESPIRATORY SUPPORT

- 7 drops Breathe
- 4 Breathe + 2 Lime
- 1 drop Rosemary + 2 drops Eucalyptus + 2 drops Lime + 1 Peppermint + 1 drop Frankincense
- 5 drops Marjoram + 3 drops Thyme

SPRING SURVIVAL

- 2 drops Lavender + 2 drops Lemon + 2 drops Peppermint (optional: add 2 drops Tea Tree)

CALMING

- 4 drops Wild Orange + 2 drops Frankincense
- 2 drops Frankincense + 4 drops Balance
- 4 drops Citrus Bliss + 2 drops Frankincense
- 4 drops Serenity + 2 drops Wild Orange
- 5 drops Peace + 2 drops Frankincense
- 3 drops Marjoram + 2 drops Wild Orange + 2 drops Frankincense

DEODORIZER

- 2 drops Purify + 4 drops Lemon
- 2 drops Lemon + 2 drops Lime + 1 drop Tea Tree

SLEEP

- 3 drops Lavender + 3 drops R. Chamomile
- 3 drops Balance + 3 drops Serenity
- 2 drops Patchouli + 4 drops Lavender + 3 drops Marjoram
- 7 drops Serenity
- 3 drops Lavender + 2 drops Vetiver
- 7 drops Breathe
- 4 drops Adaptiv + 2 drops Frankincense + 1 drop R. Chamomile

MOOD BOOST & ENERGY

- 4 drops Wild Orange + 2 drops Peppermint
- 3 drops Bergamot + 3 drops Frankincense
- 3 drops Grapefruit + 2 drops Wild Orange + 2 drops Lime
- 2 drops Frankincense + 2 drops Grapefruit + drops Douglas Fir
- 3 drops Motivate + 2 drops Coriander + 2 drops Lime
- 3 drops Breathe + 3 drops Lime + 2 drops Wild Orange

FOCUS & CONCENTRATION

- 3 drops Wild Orange + 3 drops Peppermint
- 3 drops Rosemary + 3 drops Peppermint
- 2 drops Frankincense + 2 drops Wild Orange + 2 drops Rosemary
- 6 drops InTune



COZY FALL BLENDS

Orange Pomander

3 drops Wild Orange
3 drops Rosemary
2 drops Clove

Gingersnaps

3 drops Ginger
2 drops Cassia
2 drops Clove

Evening by the Fire

3 drops Douglas Fir
3 drops Frankincense
2 drops Sandalwood
2 drops Lavender
4 drops Wild Orange

Fall Harvest

4 drops Cedarwood
3 drops Cassia
3 drops Wild Orange
2 drops Juniper Berry

Apple Pie

3 drops Douglas Fir
2 drops Cinnamon
3 drops Citrus Bliss

Flannel Shirt

4 drops Bergamot
2 drops Cedarwood
2 drops Balance

Sweater Weather

3 drops Eucalyptus
2 drops Juniper Berry
2 drops Marjoram

Autumn Bouquet

2 drops Cassia
2 drops Wild Orange

Autumn Leaves

3 drops Wild Orange
2 drops Juniper Berry

Crisp Autumn Spice

4 drops Cardamom
2 drops Wild Orange
1 drop Cinnamon
1 drop Clove

Orange Spice

2 drops Cardamom
4 drops Wild Orange

Immune Support

3 drops On Guard
3 drops Lemon or Wild Orange

Snuggle by the Fire

2 drops Cinnamon
2 drops Clove
2 drops Siberian Fir

Citrus Forest

2 drops Lime
2 drops Lemon
1 drop Wild Orange
1 drop Bergamot
1 drop Siberian Fir

Give Thanks

2 drops Ginger
2 drops Coriander
2 drops Cinnamon
1 drop Clove

Thanksgiving Joy

3 drops Cypress
2 drops Siberian Fir
2 drops Sandalwood



HOLIDAY BLENDS

Gifts of the Magi

3 drops Wild Orange
3 drops Frankincense
2 drops Myrrh

Winter Chai

3 drops Wild Orange
2 drops Cinnamon
1 drop Clove
1 drop Cinnamon

O Christmas Tree

2 drops Siberian Fir
2 drops Wild Orange
2 drops Cinnamon

Peppermint Surprise

5 drops Peppermint
2 drops Ylang Ylang

Christmas Candy

3 drops Wintergreen
1 drop Cinnamon

Winter Boost

3 drops On Guard
2 drops Peppermint

Merry & Bright

3 drops Siberian Fir
2 drops Frankincense
1 drop Grapefruit

Holiday Joy

3 drops Frankincense
3 drops Wild Orange
2 drops Peppermint

Winter Forest

4 drops Siberian Fir
2 drops Peppermint
1 drop Wintergreen

Frosted Citrus

4 drops Citrus Bliss
2 drops Peppermint

Holiday Fir

3 drops Holiday Joy
2 drops Douglas Fir

Christmastime

2 drops Siberian Fir
2 drops Clove
2 drops Cassia
2 drops Wild Orange

Winter Wonderland

4 drops Peppermint
3 drops Bergamot
2 drops Cypress

Hansel & Gretel

2 drops Ginger
2 drops Cinnamon
1 drop Peppermint
1 drop Spearmint
1 drop Siberian Fir
1 drop Douglas Fir
1 drop Wintergreen

Arctic Fire

2 drops Wintergreen
2 drops Juniper Berry
2 drops Siberian Fir
2 drops Cypress
1 drop Cinnamon

Santa's Workshop

3 drops Wild Orange
2 drops Peppermint
2 drops Cypress
2 drops Holiday Joy



HOLIDAY BLENDS II

Christmas Lights

3 drops Bergamot
1 drop Ginger
1 drop Cassia
1 drop Siberian Fir

Tree Farm

3 drops Douglas Fir
2 drops Juniper Berry
1 drop Cedarwood

Calm Christmas

3 drops Serenity
3 drops Peppermint

Winter Wellness

3 drops On Guard
3 drops Wild Orange

A Star in the East

2 drops Frankincense
2 drops Sandalwood
2 drops Grapefruit

Holiday Helper

3 drops Holiday Peace
3 drops Motivate

Holiday Treats

2 drops Peppermint
2 drops Wintergreen
1 drop Wild Orange
1 drop Cassia

Christmas Cheer

3 drops Lime
2 drops Wild Orange
2 drops Cinnamon
2 drops Siberian Fir
2 drops Cypress
2 drops Bergamot
1 drop Eucalyptus

Silent Night

2 drops Balance
1 drop Frankincense
1 drop Holiday Joy

Holiday Cheer

4 drops Holiday Joy
3 drops Cheer

Blissful Holiday

3 drops Holiday Peace
3 drops Citrus Bliss

Jolly Jelly Bean

3 drops Citrus Bliss
2 drops Juniper Berry
2 drops Wild Orange
1 drop Lemongrass

Sugar & Spice

2 drops Grapefruit
2 drops Motivate
1 drop Cassia
1 drop Sandalwood

Fresh Snow

3 drops Siberian Fir
2 drops Cardamom
1 drop Clove

Reindeer Games

4 drops Holiday Joy
3 drops On Guard
2 drops Wild Orange

Sugar Plum Fairy

3 drops Citrus Bliss
2 drops Douglas Fir
1 drop Motivate



HOLIDAY BLENDS III

Cozy Christmas

3 drops Arborvitae
2 drops Siberian fir
1 drop Lime

Fresh Christmas

3 drops Holiday Peace
3 drops Douglas Fir
3 drops Lemon

Candy Cane Deluxe

4 drops Holiday Joy
2 drops Peppermint
2 drops Wintergreen

Welcome December

3 drops Citrus Bliss
2 drops Siberian Fir
1 drop Elevation

Happy Christmas

4 drops Holiday Peace
2 Green Mandarin
2 Frankincense

Christmas Dreams

3 drops Holiday Peace
2 drops Tangerine
1 drop Roman Chamomile

Candy Cane Bliss

5 drops Peppermint
3 drops Ylang Ylang
1 drop Citrus Bliss

Citrus Christmas

4 Holiday Peace
2 Grapefruit
2 Wild Orange

Christmas Breath

3 drops Holiday Peace
2 drops Breathe
1 drop Lime

O Holy Night

3 drops Peace
2 drops Frankincense
1 drop Myrrh

Holiday Peace

4 Holiday Peace
2 Frankincense
2 Peace

Blue Christmas

2 drops Balance
2 drops Juniper
2 drops Peace

Peace & Joy

3 drops Balance
2 drops Cinnamon
1 drop Wild Orange

Wintertime

2 drops Siberian Fir
2 drops On Guard
2 drops Peppermint

Holiday Blessings

4 drops Douglas Fir
2 drops Frankincense
2 drops Myrrh

Quiet Christmas

4 drops Holiday Peace
2 drops Vetiver



WINTER BLENDS

Energize

2 drops Bergamot
2 drops Wild Orange
1 drop Breathe

Rejuvenate

2 drops Eucalyptus
2 drops Rosemary
2 drops Lavender

Refresh

3 drops Lemon
2 drops Lavender
1 drop Rosemary

Winter Cheer

3 drops Citrus Bliss
2 drops Juniper Berry
2 drops Frankincense

Winter Spice

3 drops Wild Orange
2 drops Siberian Fir
1 drop Cassia

Bright & Fresh

3 drops Breathe
3 drops Wild Orange
2 drops Lime

Winter Woods

3 drops Siberian Fir
2 drops Cypress
1 drop Cedarwood

Winter Delight

3 drops Grapefruit
2 drops Douglas Fir
2 drops Frankincense

Monday Morning

2 drops Coriander
2 drops Motivate
1 drop Lime

Snow Day

2 drops Eucalyptus
2 drops Peppermint
2 drops Wild Orange

Spearmint Bliss

2 drops Citrus Bliss
2 drops Spearmint
2 drops Bergamot

Get Up & Go

3 drops Motivate
2 drops Wintergreen
2 drops Spearmint

Winter Wellness

3 drops On Guard
3 drops Wild Orange

Winter Spa

3 drops Balance
2 drops AromaTouch
2 drops Deep Blue

New Year Resolutions

3 drops Grapefruit
3 drops Motivate

Breathe Easy

3 drops Douglas Fir
2 drops Eucalyptus
2 drops Lemon
1 drop Peppermint

Fresh Start

2 drops Lemon
2 drops Lime
2 drops Grapefruit
2 drops Wild Orange

Motivation

2 drops Lime
2 drops Wild Orange
2 drops Frankincense
2 drops Black Pepper