



# Essential Oil DIFFUSER RECIPES



## 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