20 ESSENTIAL OIL DIFFUSER RECIPES

No need to use chemical air fresheners—use your essential oil stash to make these simple blends instead!

Recipes courtesy of:
http://www.theprairiehomestead.com
Quick Guidelines To Help You Get Started:

• The following blends are meant to be used in a cold-air diffuser. These diffusers usually require a small amount of water to be added, along with the oils. (Usually around 70 mL)

• I always use cold-air diffusers, since anything that heats the oils can damage some of their beneficial properties. I never use candle warmers or anything that might heat the oils too much. Cold air diffusers are the best way to preserve all the beneficial properties of your precious essential oils.

• Follow the manufacturers directions on your diffuser.

• If you don’t have one of the oils called for in the recipe, you can still try the recipe without it.

1. Let’s Focus Blend

This blend is perfect for increasing alertness, or when you need a quick pick-me-up:

• 2 drops wild orange essential oil
• 2 drops peppermint essential oil

2. Fresh and Clean Blend

Create a welcoming atmosphere in your home with this one:

• 2 drops lavender essential oil
• 2 drops lemon essential oil
• 2 drops rosemary essential oil
3. **Odor Eliminator Blend**

We are animal-people, and we’ve had our fair share of “incidences” in our house. Whenever this happens, I like to diffuse this blend. It freshens up the air in no time:

- 2 drops lemon essential oil
- 2 drops melaleuca essential oil
- 1 drop cilantro essential oil
- 1 drop lime essential oil

4. **Seasonal Support Blend**

These three oils are spectacular for helping to maintain clear breathing and a healthy immune response, especially during spring & summer.

- 2 drops lavender essential oil
- 2 drops lemon essential oil
- 2 drops peppermint essential oil

5. **Citrus Explosion Blend**

I love diffusing citrus blends when we have company coming over. It makes my house smell happy and clean.

- 1 drop lemon essential oil
- 2 drops wild orange essential oil
- 1 drop lime essential oil
- 1 drop grapefruit essential oil
6. Deep Breath Blend

I adore this blend for the evenings when I’m trying to slow my brain down, and I also like to diffuse it in the bedroom as I fall asleep:

- 1 drop bergamot essential oil
- 1 drop patchouli essential oil
- 1 drop ylang ylang essential oil

7. Respiratory Support Blend

Use this blend to support respiratory function—especially during the winter months.

- 1 drop lemon essential oil
- 1 drop eucalyptus essential oil
- 2 drops peppermint essential oil
- 1 drop rosemary essential oil

8. Flower Garden Blend

Want your home to smell like a flower garden in full bloom? Try this one:

- 1 drop geranium essential oil
- 2 drops lavender essential oil
- 2 drops roman chamomile essential oil
9. **Man-Cave Blend**

I think this combo smells very masculine and woodsy… Although I enjoy it too.

- 2 drops white first essential oil
- 2 drops cypress essential oil
- 2 drops wintergreen essential oil

10. **Bug Repellent Blend**

This combo isn’t one that I’d necessarily wear as perfume, but it contains a collection of oils that most creepy-crawlies dislike:

- 1 drop lemongrass essential oil
- 1 drop thyme essential oil
- 1 drop eucalyptus essential oil
- 1 drop basil essential oil

11. **Spiced Chai Blend**

Craving a cup of chai? Try putting this blend in your diffuser:

- 3 drops cardamom essential oil
- 2 drops cassia essential oil
- 2 drops clove essential oil
- 1 drop ginger essential oil
12. Spicy Citrus Blend

What autumn should smell like.

- 3 drops wild orange essential oil
- 2 drops cinnamon bark essential oil
- 1 drop clove essential oil

13. Woodsy Blend

Feeling like a walk in the woods, but stuck at home? Try this instead:

- 3 drops frankincense essential oil
- 2 drops white fir essential oil
- 1 drop cedarwood essential oil

14. Immune Booster Blend

A perfect option when your body needs a little extra boost:

- 1 drop rosemary essential oil
- 1 drop clove essential oil
- 1 drop eucalyptus essential oil
- 1 drop cinnamon bark essential oil
- 1 drop wild orange essential oil
15. **Anti-Stress Blend**

Feeling frazzled? This is one of my favorite combos:

- 2 drops frankincense essential oil
- 2 drops bergamot essential oil

16. **G’Night Blend**

For a sweet night’s sleep:

- 2 drops lavender essential oil
- 2 drops chamomile essential oil
- 2 drops vetiver essential oil

17. **Candy Store Blend**

I don’t know why, but this one smells like candy. The kids love it, and it’ll make your house happy.

- 2 drops wild orange essential oil
- 2 drop wintergreen essential oil

18. **Energize Blend**

Diffuse this one first thing in the morning for a big boost:

- 2 drops wild orange essential oil
- 2 drops frankincense essential oil
- 2 drops cinnamon essential oil
19. Grounding Blend

For those moments when everyone really needs to chill out:

• 2 drops vetiver essential oil
• 2 drops cedarwood essential oil

20. Happy Holiday Blend

• 2 drops white fir
• 2 drops wild orange
• 1 drop wintergreen

Looking for a brand of high-quality essential oils you can trust? Get more info on my favorite brand here:
http://theprairiehomestead.com/go/oil