

Tara
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TOP TEN

diffuser recipes

One of the most effective ways to experience essential oils aromatically is by using an essential oil diffuser. A diffuser takes an oil and transforms it into a fine, microscopic mist of oil droplets—dispersing the oil and aroma through the air.

Lemon

Uplift, focus and overcome mental fatigue.



LIFT ME UP

- 2 Lemon
- 2 Lavender
- 2 Breathe™

GET IT GOING

- 2 Lemon
- 2 Peppermint



Peppermint

Invigorate, energize and stimulate



SEASONAL SUPPORT

- 2 Peppermint
- 2 Lavender
- 2 Lemon

INSPIRE

- 2 Peppermint
- 2 Breathe™
- 2 Frankincense



Lavender

Calm, regenerate and comfort.



ALL IS CALM

- 2 Lavender
- 2 Breathe™

SLUMBER

- 2 Lavender
- 2 Frankincense

Tea tree

Cleansing, disinfecting and earthy.



SQUEAKY CLEAN

- 1 Tea Tree
- 2 Lemon
- 2 Lavender
- 1 Peppermint

GERM BUSTER

- 2 Tea Tree
- 2 Lemon
- 2 On Guard®



oregano

Powerful, supportive and resolving.



POSITIVE VIBES

- 1 Oregano
- 2 Lemon
- 2 Peppermint

BYE BYE GERMS

- 2 Oregano
- 2 Lemon
- 2 On Guard®
- 2 Frankincense

frankincense

Hero of all oils, powerful and versatile.



MINT TO BE

- 2 Frankincense
- 2 Lavender
- 2 Peppermint

HOPE

- 2 Frankincense
- 2 Lemon
- 2 Lavender

