

Live a more natural life with your *essential oils*

Essential Oil Diffuser Recipes

Remove the harmful candles & air fresheners in your home and replace them with a diffuser and your Young Living essential oils!



Did you know?—

Essential oils not only make your space smell amazing but they also have added health benefits. When you diffuse or inhale essential oils, they go directly to the emotional center of your brain, making them perfect for shifting your mood. Use your oils to feel happy, calm, inspired, and more.

Fresh & Clean

- 4 Drops Citrus Fresh
- 3 Drops Lemon

Sweet Dreams

- 4 Drops Lavender
- 2 Drops Stress Away

Laser Focused

- 4 Drops Lemon
- 4 Drops Peppermint

Be Well

- 4 Drops Thieves
- 3 Drops Lemon
- 1 Drop Frankincense

Confidence Boost

- 4 Drops Frankincense
- 2 Drops Valor

Happy Tummy

- 4 Drops DiGize
- 2 Drops Peppermint

Relax & Refresh

- 4 Drops Stress Away
- 2 Drops Lemon

Breath of Fresh Air

- 4 Drops Raven
- 3 Drops Peppermint

Keep It Calm

- 6 Drops Peace & Calming
- 2 Drops Lavender

Turn these diffuser recipes into *on-the-go roller blends*.

... just double the drops of essential oils, add to a 10 ml roller bottle, and top off with carrier oil of your choice.



Carrier oils are fatty oils that are used to dilute essential oils. Some favorites are V-6 vegetable complex from Young Living, fractionated coconut oil, EVOO, avocado oil, and grapeseed oil.