



Picture this: you're standing next to a waterfall in the forest. One deep breath of the cool mist transports you to a state of greater, natural wellness. Now imagine having that feeling indoors. This is what happens when you diffuse essential oils.

We take an average of 25,000 breaths each day, so paying attention to the air we breathe is a big deal when it comes to our wellness. Many of us spend our days in buildings that are a far cry from the great outdoors, but diffusers can take you to a healthier place, no matter where you find yourself.

Designed to deliver essential oils to indoor spaces, ultrasonic diffusers can help you access more energy, focus, calm and rest, all with the touch of a button. Here's how it works.

When the falling water crashes against the rock below, tiny water particles are created and become suspended in the air we breathe.

The tiny, ceramic disc inside an ultrasonic diffuser works in a similar way, using vibration to create a cool, odorless water vapor, just like a waterfall. An ultrasonic diffuser also produces negative ions, which help to freshen the air while filling your indoor environment with beneficial essential oils that can take your wellness to new heights.

#### JUST ADD ESSENTIAL OILS

Essential oils connect you to the healing power of plants and transport you to a place of greater wellness. Ultrasonic diffusers add the benefits of essential oils to every breath you take, improving your air quality while improving your health and your state of mind.

Whether you want to sleep more soundly, increase focus or just feel better, there are diffuser blends formulated for many wellness concerns.

#### THE SCIENCE BEHIND IT

The limbic system is the part of the brain involved in our behavioral and emotional responses. Our noses connect us to our sense of smell, which is directly connected to the most primitive part of our brain, the amygdala. Nestled next to our spinal column, the amygdala is where the 'fight, flight' response is triggered, and also where we store some of our deepest feelings.

When we inhale an essential oil, we tap into memories and experiences that define who we are. Knowing that emotions can have incredible effects on the mind and body, it makes sense that using essential oils can have a tangible impact on our state of mind and overall wellbeing.

#### EASY, BREEZY AND BENEFICIAL

Ultrasonic diffusers are easy to use and easy to maintain (and you won't end up with a river running through your living room).

- Because there's no fire or heat in an ultrasonic diffuser, they are safe to use in any indoor environment
- They run for hours at a time and shut off automatically when they run out of water
- They use very little energy and are quiet
- No filters needed and cleaning is easy with a dry cloth and rubbing alcohol

With an ultrasonic diffuser for every space and a diffuser blend for every wellness need, you can be transported to a place of greater wellness, just by changing the air you breathe.