

Diffuser Recipes using the premium starter kit essential oils!

Seasonal Relief

5 drops lavender
4 drops lemon
3 drops peppermint

Meditation

4 drops frankincense
2 drops copaiba

Sweet Dreams

3 drops lavender
2 drops frankincense

Let the Sun Shine In
4 drops lemon

Immune Boosters

2 drops thieves
2 drops purification
2 drops lemon

Wake Up!

5 drops peppermint
3 drops lemon

Focus

2 drop frankincense
2 drops peppermint
2 drops copaiba

That Cozy Feeling
5 drops thieves

Breathe Easy

4 drops R.C.
2 drops peppermint
1 drop copaiba

Open Hearted

4 drops R.C.
2 drops lemon

Clean Air

4 drops purification
2 drops lemon

Post workout

2 drops R.C.
2 drops panaway
2 drops copaiba

Uplifted

4 drops northern lights black spruce
2 drops copaiba

using
the
diffuser

1. read the manual
2. fill reservoir with water up to red mark
3. drop oils into water
4. replace both lids, press the "ON" button



My Recipes