

100 Diffuser Recipes

Inspired by doTERRA Essential Oils and Blends

100 Diffuser Recipes

Inspired by doTERRA Essential Oils and Blends

Hi, I'm Steve B. And I'm Steve K. We are the Co-Founders of Your Oil Tools.

In December 2014 we had the bright idea of starting an oil supplies and tools company based on the east coast, with the desire to service east coast based essential oil enthusiasts.

Since then, we've serviced customers all over the country, Europe, and Canada. Enthusiasm for essential oils is everywhere and is spreading!

On January 1, 2016, we began publishing daily diffuser recipes featuring single essential oils on our Facebook page for customers. The diffuser blends were well received and in the first quarter we published nearly 100 diffuser recipes.

As time went on it became more difficult to find the right combinations of single oils without resorting to the use of company formulated oil blends.

Which is why we created this eBook featuring 100 diffuser recipes inspired by doTERRA essential oil blends.

For you doTERRA customers and enthusiasts, please enjoy diffusing your essential oils daily! We hope you find as much joy using these recipes as we did creating them.

Table of Contents

Section 1: Mood Elevating Diffuser Recipes

Section 2: Diffuser Recipes for Respiratory Support*

Section 3: Diffuser Recipes for Digestive Support*

Section 4: Diffuser Recipes Cleaning and Immune Support*

Section 5: Diffuser Recipes for Sleep & Bedtime*

Section 6: Diffuser recipes to Inspire Movement

Section 7: Seasonal Diffuser Recipes

Section 8: Fun Scents

Disclaimers

*The information in this book is not intended to treat, cure, diagnose, or otherwise address medical conditions or ailments. This book is for educational, entertainment, and informational purposes only.

Many of the blend names are registered trademarks of doTERRA International.

For more information on doTERRA essential oils visit www.doterra.com or connect with a trusted Wellness Advocate.

These recipes come from our own experience and experimentation. We've tried every one. If they are identical to any other recipe you have seen, it is purely coincidental.

Special thanks to friends and customers who suggested different combinations of oils. We couldn't have done this without you.

Section 1: Mood Elevating Recipes



Beginnings

1 drop Coriander

1 drop Frankincense

2 drops Orange

1 drop Balance

#YourOilTools

This recipe card features a background image of a sunlit path through a field. The title 'Beginnings' is in a white cursive font. The ingredients are listed in green text, each preceded by a yellow oil drop icon. The hashtag #YourOilTools is at the bottom.



Sunrise

2 drops Citrus Bliss

1 drop Frankincense

2 drops Bergamot

1 drop Motivate

#YourOilTools

This recipe card features a background image of a sunrise over a body of water. The title 'Sunrise' is in a blue cursive font. The ingredients are listed in brown text, each preceded by a yellow oil drop icon. The hashtag #YourOilTools is at the bottom.



Celebration

1 drop Spearmint

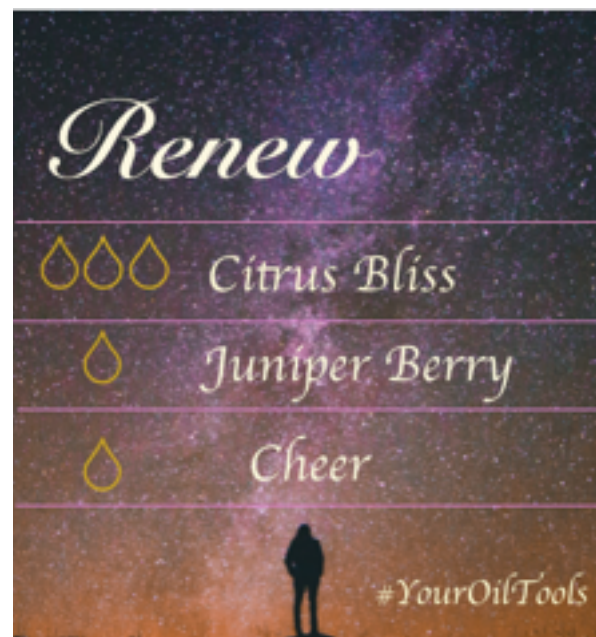
1 drop Ylang Ylang

2 drops Orange

1 drop Passion

#YourOilTools

This recipe card features a background image of fireworks exploding at night. The title 'Celebration' is in a white cursive font. The ingredients are listed in white text, each preceded by a yellow oil drop icon. The hashtag #YourOilTools is at the bottom.



Renew

3 drops Citrus Bliss

1 drop Juniper Berry

1 drop Cheer

#YourOilTools

This recipe card features a background image of a starry night sky. The title 'Renew' is in a white cursive font. The ingredients are listed in white text, each preceded by a yellow oil drop icon. The hashtag #YourOilTools is at the bottom.



Devotion

1 drop Sandalwood

1 drop Frankincense

2 drops Grapefruit

1 drop Forgive

#YourOilTools

This recipe card features a background image of a person silhouetted against a starry night sky. The title 'Devotion' is in a pink cursive font. The ingredients are listed in white text, each preceded by a yellow oil drop icon. The hashtag #YourOilTools is at the bottom.



Change

3 drops Balance

2 drops Cinnamon

2 drops Wild Orange

#YourOilTools

This recipe card features a background image of a bridge over water at sunset. The title 'Change' is in a purple cursive font. The ingredients are listed in purple text, each preceded by a yellow oil drop icon. The hashtag #YourOilTools is at the bottom.

Centered



Balance



Juniper Berry



Peppermint



Vetiver

#YourOilTools

Serene



Serenity



Peace



Marjoram



Ylang Ylang

#YourOilTools

Divine



Serenity



Cedarwood



Ylang Ylang



Basil

#YourOilTools

Soar



Sandalwood



Ylang Ylang



Citrus Bliss

#YourOilTools

Hope



Frankincense



Myrrh



Wild Orange



Motivate

#YourOilTools

Clarity



Balance



Sandalwood

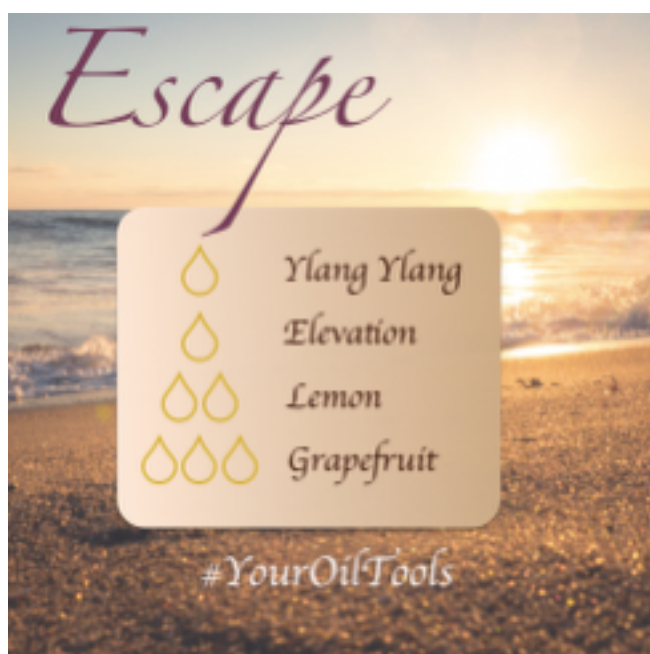


Lime



Douglas Fir

#YourOilTools





Section 2: Diffuser Recipes for Respiratory Support





Section 3: Diffuser Recipes for Digestive Support



Section 4: Diffuser Recipes for Cleaning & Immune Support

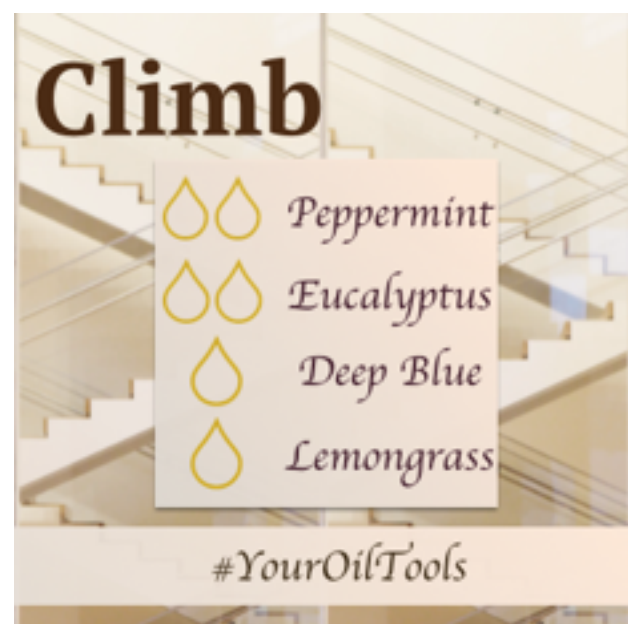


Section 5: Diffuser Recipes for Sleep & Bedtime





Section 6: Diffuser Recipes to Inspire Movement



Breakthrough

- 1 Elevation
- 1 Peppermint
- 1 Cypress
- 2 Grapefruit

#YourOilTools

STRETCH

- 2 PAST TENSE
- 1 MARJORAM
- 2 BIRCH

#YOUROILTOOLS

Rise

- 2 Tangerine
- 3 Citrus Bliss
- 1 Peppermint

#YourOilTools

Explore

- 1 Cedarwood
- 2 Lavender
- 2 Tangerine
- 1 Arborvitae

#YourOilTools

Shine

- 1 Jasmine
- 1 Citrus Bliss
- 2 Bergamot

#YourOilTools

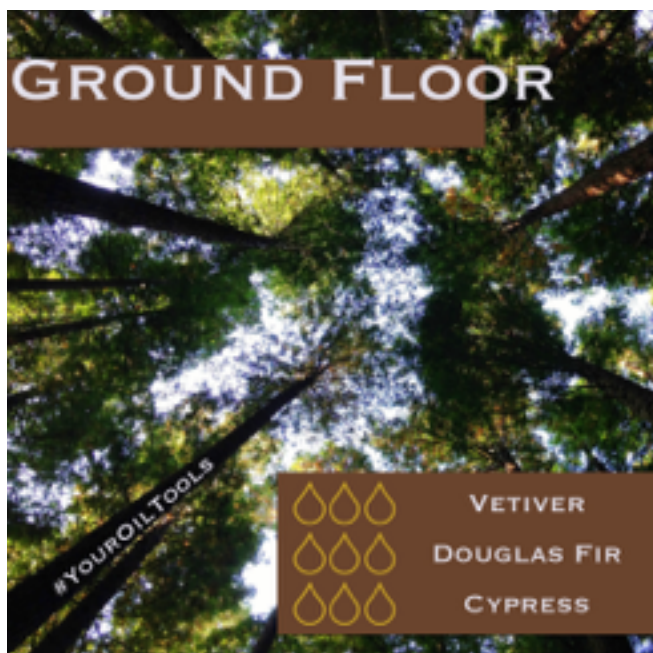
Do It!

- 1 Rosemary
- 3 Passion
- 2 Cassia

#YourOilTools



Section 7: Seasonal Diffuser Recipes



SUMMER BREEZE

CLARY CALM
JASMINE
CITRUS BLISS

#YOUROILTTOOLS

HIT THE SLOPES

CLOVE
WHITE FIR
CARDAMOM
ARBORVITAE

#YOUROILTTOOLS



Section 8: Just For Fun



Big Red

- 👉 Cassia
- 👉 Geranium
- 👉 On Guard
- 👉👉 Wild Orange

#YourOilTools

Spice Drops

- 👉👉 Cassia
- 👉 Fennel
- 👉 Lemon
- 👉👉 Orange

#YourOilTools

Gum

- 👉 Vetiver
- 👉 Fennel
- 👉👉👉 Spearmint

#YourOilTools

Cinnamon Bears

- 👉👉 Clove
- 👉👉👉 Tangerine
- 👉 Cinnamon
- 👉 On Guard

#YourOilTools

Black Licorice

- 👉👉👉 Bergamot
- 👉 Basil
- 👉 Fennel

#YourOilTools

Bubble Gum

- 👉👉 Slim & Sassy
- 👉 Eucalyptus
- 👉 Wintergreen
- 👉 Peppermint
- 👉 Lavender
- 👉 Grapefruit

#YourOilTools

Thank you for perusing this
eBook.

Would you like to see it in a
printed format?

We'd love to hear your
feedback.

Send any inquiries or feedback
to steveb@youroiltools.com.

To your success!!