



# Diffuser Blends For Colds

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**Here are 15 essential oils that can assist with a cold:**

Eucalyptus, Peppermint, Lemon, Lavender, Tea Tree, Frankincense, Clove, Juniper Berry, Ravensara, Cypress, Niaouli, Thyme, Bergamot, Pine, Cajeput

## **Cold Buster**

3 drops Lavender  
3 drops Eucalyptus  
2 drops Tea Tree  
1 drop Peppermint

## **Beat the Cold**

3 drops Lavender  
3 drops Bergamot  
2 drops Siberian Fir  
2 drops Rosalina

## **Restful Cold**

3 drops Cypress  
2 drops Bergamot  
1 drop Sandalwood  
1 drop Copaiba

## **Cold Blaster**

6 drops Cajeput  
2 drops Juniper  
2 drops Pine

## **Overnight Sniffles**

4 drops Lavender  
3 drops Marjoram  
3 drops White Fir

## **Cold Detox**

4 drops Eucalyptus  
2 drops Wintergreen  
1 drop Frankincense  
1 drop Rosemary

\*Add essential oils recipes to diffuser with recommended water.