

## DIY Recipe Guide

# Peaceful Essential Oil Blends

by Jennifer Lane, Certified Aromatherapist



# Peaceful Diffuser Blends

Pick a recipe from below and add it to your diffuser with the recommended amount of water for your machine.

## Sweet Sanctuary

- 3 drops Lavender (*Lavandula angustifolia*)
- 3 drops Tangerine (*Citrus reticulata*)
- 3 drops Bergamot (*Citrus bergamia*)

## Carefree

- 3 drops Lavender (*Lavandula angustifolia*)
- 2 drops Patchouli (*Pogostemon cablin*)
- 1 drops Ylang Ylang (*Cananga odorata*)

## Perfect Peace

- 3 drops Lavender (*Lavandula angustifolia*)
- 3 drops Frankincense (*Boswellia carterii*)
- 1 drops Lime (*Citrus aurantifolia*)

## Serene Space

- 3 drops Juniper Berry (*Juniperus communis*)
- 3 drops Bergamot (*Citrus bergamia*)
- 1 drops Vetiver (*Vetiveria zizanooides*)

## Totally Tranquil

- 3 drops Patchouli (*Pogostemon cablin*)
- 2 drops Cypress (*Cupressus sempervirens*)
- 2 drops Bergamot (*Citrus bergamia*)

## Gentle Night

- 3 drops Lavender (*Lavandula angustifolia*)
- 3 drops Orange (*Citrus sinensis*)
- 2 drops Sandalwood (*Santalum album*)

## Merry Meditation

- 3 drops Frankincense (*Boswellia carterii*)
- 2 drops Patchouli (*Pogostemon cablin*)
- 1 drops Melissa (*Melissa officinalis*)

## Mellow Mint

- 3 drops Grapefruit (*Citrus paradisi*)
- 3 drops Lemon (*Citrus limon*)
- 2 drops Spearmint (*Mentha spicata*)

## Easy Going

- 3 drops Grapefruit (*Citrus paradisi*)
- 2 drops White Fir (*Abies alba*)
- 2 drops Frankincense (*Boswellia carterii*)

## Peaceful Heart

- 3 drops Juniper Berry (*Juniperus communis*)
- 3 drops Orange (*Citrus sinensis*)
- 2 drops Geranium (*Pelargonium graveolens*)

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# Peaceful Inhaler Recipes

Pick a recipe from below and add the drops to your aromatherapy inhaler wick, assemble the inhaler and use as directed.

## Sweet Sanctuary

- 5 drops Lavender (*Lavandula angustifolia*)
- 5 drops Tangerine (*Citrus reticulata*)
- 5 drops Bergamot (*Citrus bergamia*)

## Carefree

- 6 drops Lavender (*Lavandula angustifolia*)
- 4 drops Patchouli (*Pogostemon cablin*)
- 3 drops Ylang Ylang (*Cananga odorata*)

## Perfect Peace

- 6 drops Lavender (*Lavandula angustifolia*)
- 6 drops Frankincense (*Boswellia carterii*)
- 3 drops Lime (*Citrus aurantifolia*)

## Serene Space

- 5 drops Juniper Berry (*Juniperus communis*)
- 5 drops Bergamot (*Citrus bergamia*)
- 3 drops Vetiver (*Vetiveria zizanoides*)

## Totally Tranquil

- 6 drops Patchouli (*Pogostemon cablin*)
- 4 drops Cypress (*Cupressus sempervirens*)
- 4 drops Bergamot (*Citrus bergamia*)

## Gentle Night

- 5 drops Lavender (*Lavandula angustifolia*)
- 5 drops Orange (*Citrus sinensis*)
- 4 drops Sandalwood (*Santalum album*)

## Merry Meditation

- 6 drops Frankincense (*Boswellia carterii*)
- 4 drops Patchouli (*Pogostemon cablin*)
- 3 drops Melissa (*Melissa officinalis*)

## Mellow Mint

- 5 drops Grapefruit (*Citrus paradisi*)
- 5 drops Lemon (*Citrus limon*)
- 4 drops Spearmint (*Mentha spicata*)

## Easy Going

- 6 drops Grapefruit (*Citrus paradisi*)
- 4 drops White Fir (*Abies alba*)
- 4 drops Frankincense (*Boswellia carterii*)

## Peaceful Heart

- 5 drops Juniper Berry (*Juniperus communis*)
- 5 drops Orange (*Citrus sinensis*)
- 4 drops Geranium (*Pelargonium graveolens*)

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