

## Diffuser Favorites!

Here is a start - please add the ones you love!

3 drops Joy + 3 drops Lemon = Happy Day

2 drops Valor + 3 drops Cedarwood = Sleepy Time

5 drops Rosemary + 5 drops Lemon = Time to Focus

6 drops Thieves + 3 drops Orange = Spicy Time

5 drops Lemon + 5 drops Purification = Relief of Stuffy Nose

3 drops Lemon + 3 drops Lavender + 3 drops Peppermint + 3 drops  
Copaiba = Seasonal Relief

3 drops Spearmint + 5 drops Tangerine = DIVINE

4 drops Stress Away + 4 drops Lime = Wasting Away in Margaritaville  
Time

5 drops Bergamot + 3 drops Lemon or Orange = Mood Lifter/Skittles

5 drops Believe + 3 drops Orange = Good Homeschool Day

My 5 year old's favorites:

2 drops Ylang Ylang + 2 drops Cedarwood = Bedtime

3 drops Peace & Calming + 2 drops Lavender = Calming down

3-5 drops Thieves + 2 drops Lemon = Get Well Time