



doTERRA® | eBooks

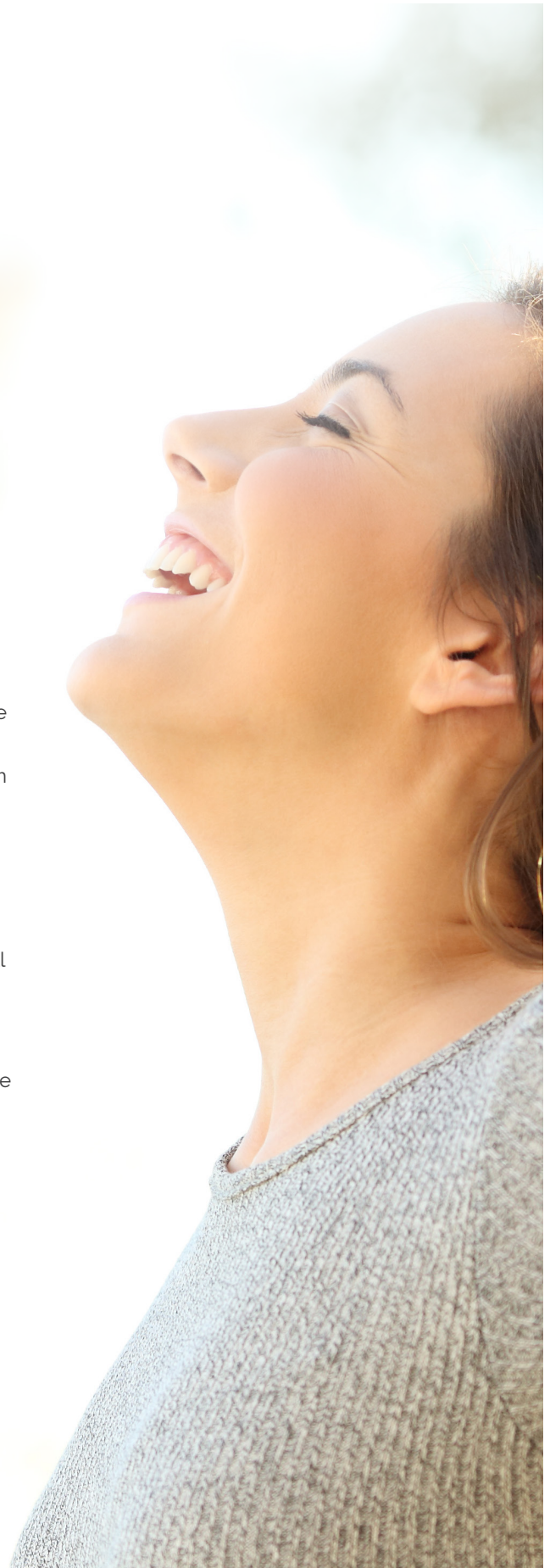
Your Ultimate
Diffuser Blend Guide:
100 Diffuser Blend Ideas

Among the world's most vital elements, the air you breathe gives you life. Though you constantly breathe it in, letting it sift through your body to power your cells, not all forms of oxygen are the same. The quality of your air could harm you through pollutants and other toxins. On the flip side, clean air and pure aromas have the power to transform the world around you.

From invigorating and uplifting to soothing and serene, essential oils feature a wide variety of aromas. With dozens of possible combinations, you can truly transform any space with just a few drops. No matter who you are, where you live, or what kind of aromas you prefer, you can benefit from diffusing essential oils.

Diffusing is a safe, effective way to enjoy essential oils. Creating diffuser blends is a wonderful, fun way to enjoy a unique aromatic experience, while also benefiting from multiple essential oils. Your personalized diffuser blends will help you fall in love with your products all over again.

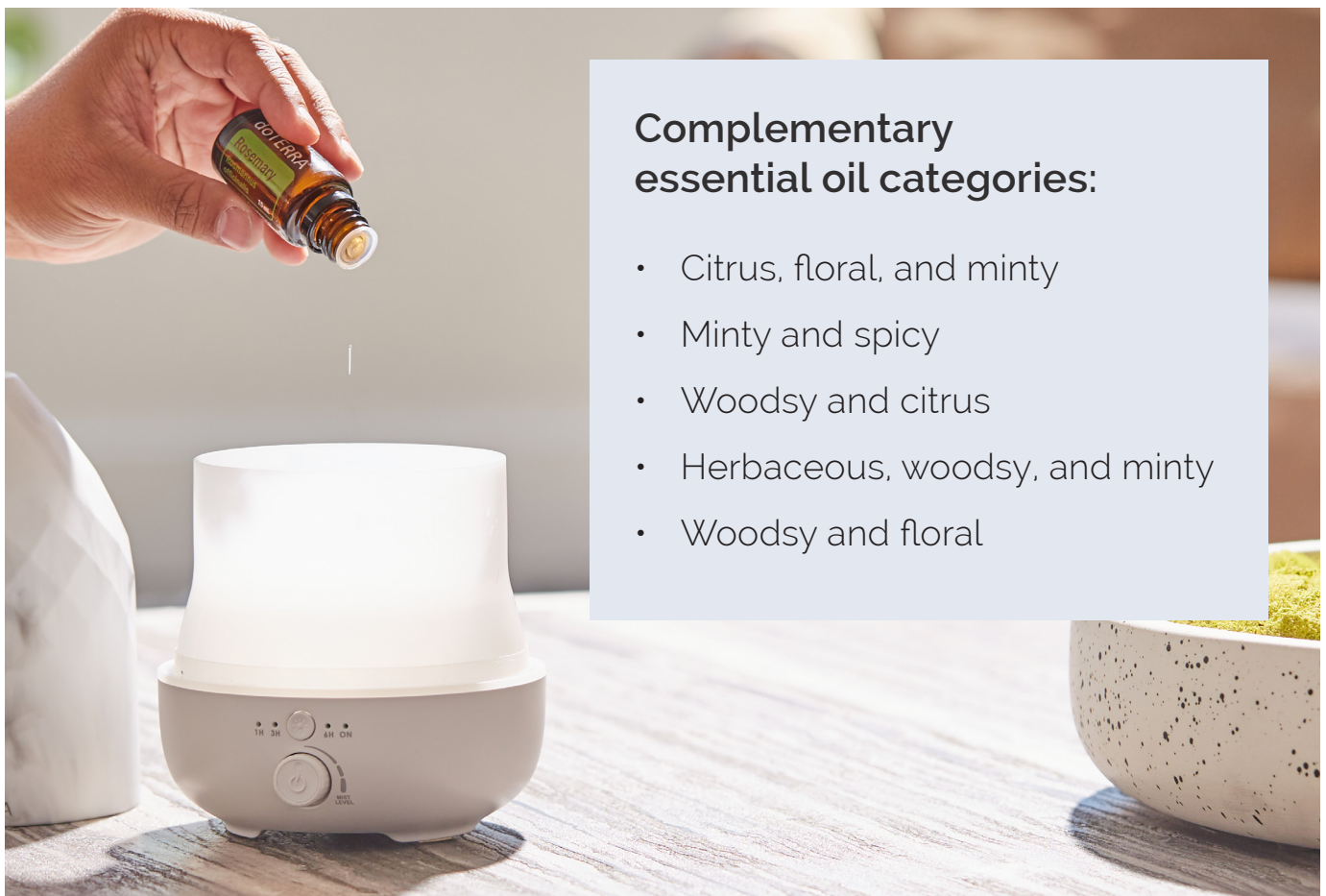
This eBook includes dozens of diffuser blends for every occasion. No matter how your day is going, you can enhance the space around you with the perfect blend. And these blends are only the beginning! Try a few, and you might come up with new ones of your own.



How to Create Your Own Blends

Here are a few tips to make personalized diffuser blends easier for you!

Creating blends is both an art and science: choose essential oils that complement each other so one essential oil doesn't drown out another.



Complementary essential oil categories:

- Citrus, floral, and minty
- Minty and spicy
- Woodsy and citrus
- Herbaceous, woody, and minty
- Woodsy and floral

Key scent rules:

- Woodsy and floral scents combine well with almost every other essential oil category.
- Spicy and herbaceous oils should be used moderately, for they can quickly overpower other aromas. Try blending small amounts with citrus or floral scents.
- Minty scents can also be overpowering. Blend them with sweet or mellow woody and citrus products.



Essential oil categories:

- **Camphorous:** Obtained from the wood and bark of camphor trees, these aromatic compounds are fresh and invigorating. Find them in Deep Blue® and dōTERRA Breathe®.
- **Citrus:** These cheery essential oils come from your favorite citrus plants, including Grapefruit, Lemon, Lime, and Wild Orange. Find them in Citrus Bliss®, Citrus Bloom®, and Adaptiv®.
- **Earthy:** Though all essential oils are derived from the earth, this category includes those that smell like the earth—reminiscent of a forest. Find them in Clary Sage, Douglas Fir, and Cedarwood.
- **Floral:** Derived from flowers, these essential oils are expansive and versatile. Favorites include Lavender, Geranium, Roman Chamomile, Ylang Ylang, and Rose.
- **Herbaceous:** Pulled from herbs, these essential oils are sharp and distinct. Favorites include Basil, Rosemary, Coriander, and Marjoram.
- **Minty:** These cooling essential oils are a subcategory of herbs, but they offer a fresher and more versatile scent. They include Spearmint and Peppermint.
- **Spicy:** Spicy essential oils are loud and potent. They include Cinnamon Bark, Cassia, Turmeric, Black Pepper, and Celery Seed.
- **Woody:** These essential oils are grounding and blend well with most categories. Favorites include Cypress, Siberian Fir, Sandalwood, and Frankincense.

Ready to get started? Your new favorite diffuser blends are waiting!

Find Your Perfect Space

Essential oils are powerful tools for creating customized environments. With just a few drops, you can transform any room or space.

Whether you want to enjoy a cozy atmosphere on a cold night, foster an uplifting environment during the slow hours of the afternoon, or create ambiance for a romantic evening, these diffuser blends will help set the right mood.



Diffuser Blends with Calming Aromas

Press Pause

-  Eucalyptus
-  Spearmint

Attitude of Gratitude

-  Coriander
-  Cinnamon Bark
-  Clove
-  Ginger




Peace Like a River

-  Lemongrass
-  Cinnamon Bark
-  Clove
-  Ginger




Recharge

-  Lavender
-  Roman Chamomile
-  Vetiver

Deep Breath

-  dōTERRA Breathe®
-  Eucalyptus
-  Arborvitae



Rooted

-  dōTERRA Balance®
-  Lavender
-  Roman Chamomile

Stillness

-  Frankincense
-  Lavender
-  Arborvitae
-  Lemongrass

Perfectly Peaceful

-  Bergamot
-  Clary Sage
-  Frankincense

Diffuser Blends with Uplifting Aromas

Dream Big

- 3 Grapefruit
- 3 Bergamot
- 2 Peppermint

Jump for Joy

- 4 Lavender
- 2 Ylang Ylang
- 2 Wild Orange

As Good as It Gets

- 2 Lavender
- 2 Lime
- 2 Spearmint
- 2 Grapefruit

Fresh and Clear

- 3 Douglas Fir
- 2 Lemon

Sunny Days Ahead

- 2 dōTERRA Cheer®
- 2 Lemon
- 2 Grapefruit

Orange You Glad

- 5 Cedarwood
- 2 Lemongrass
- 2 Wild Orange

Zen

- 2 Grapefruit
- 2 Bergamot
- 2 Lime
- 1 Ginger
- 1 Sandalwood

Balance and Bliss

- 3 dōTERRA Balance®
- 3 Citrus Bliss®
- 2 Siberian Fir
- 1 Rosemary

Glass Half Full

- 3 Bergamot
- 2 Wild Orange
- 2 Eucalyptus

Seize the Day

- 2 Lime
- 2 Grapefruit
- 1 Clary Sage
- 1 Coriander
- 1 Cedarwood






Occasion

A waft of pine and cranberry quickly evokes holiday spirit. Scent forms pathways in the brain that link events to memories. Try these special occasion blends and celebrate good times.




These are the perfect blends to diffuse when hosting a holiday, birthday, or just-because party!





Cupid

-  Sandalwood
-  Ylang Ylang
-  Cinnamon Bark


Love Potion

-  Juniper Berry
-  Lime
-  Clary Sage

Bobbing for Apples

-  Tangerine
-  Wild Orange
-  Fennel

Apple Cider

-  Wild Orange
-  Ginger
-  Cinnamon Bark

Give Thanks

-  Madagascar Vanilla
-  Frankincense
-  Tangerine




Happy Harvest

-  Ginger
-  Cassia
-  Clove
-  Frankincense

Home for the Holidays

-  Tangerine
-  Wild Orange
-  Cinnamon Bark

'Tis the Season

-  Cedarwood
-  Cassia
-  Wild Orange

Gingerbread Man

-  Madagascar Vanilla
-  Ginger
-  Cinnamon Bark
-  Clove

Auld Lang Syne

- 2 Bergamot
- 2 Frankincense
- 2 Tangerine
- 1 Lavender

Fireworks

- 4 Juniper Berry
- 2 Bergamot
- 2 Grapefruit
- 1 Ylang Ylang

Stars and Stripes

- 4 dōTERRA Balance®
- 3 Lavender
- 3 Wild Orange

Weekend Warrior

- 3 dōTERRA Balance®
- 3 Lime

Three Cheers

- 2 Clary Sage
- 2 Juniper Berry
- 2 Grapefruit

Make a Wish

- 4 Madagascar Vanilla
- 2 Lemon
- 1 Ylang Ylang

Birthday Cake

- 3 dōTERRA Cheer®
- 2 Wild Orange
- 1 Spearmint

Blushing Bachelorette

- 4 Lime
- 2 Spearmint
- 1 Fennel
- 1 Sandalwood

Bride to Be

- 3 Lavender
- 3 Wild Orange
- 1 Sandalwood

Brunching Besties

- 3 Wild Orange
- 2 Black Pepper
- 1 Ylang Ylang

Celebration

- 2 Siberian Fir
- 2 Grapefruit
- 1 Ylang Ylang



Home Sweet Home

If you stepped blindfolded into your childhood home, could you guess where you were? What about your grandma's home? Home signals your brain that you're safe. It's also a place of sanctuary, rest, and familial love. Find your signature blend or rotate regularly through these combinations to create a personalized feeling.

Laundry Day

- ☾☾☾ Purify
- 🍊🍊🍊 Tangerine
- 💧💧 Spearmint

Man Cave

- 🌲🌲 Siberian Fir
- 🌲🌲 Cedarwood
- 🌲🌲 Cypress

Come on In

- 🍊🍊🍊 Grapefruit
- 💜💜💜 Lavender
- 💧💧 Peppermint

Anthropossibility

- 🍊🍊🍊 Grapefruit
- 🍊🍊🍊 Wild Orange
- 💜💜 Geranium

Home Body

- ☾☾☾ abōde®
- 🍋🍋🍋 Lime
- 💜💜 Lavender

Staycation

- 🍋🍋🍋 Lime
- 🍊🍊🍊 Wild Orange
- 🍋🍋 Lemongrass
- 💜 Geranium

Work from Home

- 3 Cedarwood
- 2 Lemon
- 1 Cinnamon Bark

Date Night In

- 2 Wild Orange
- 2 Ylang Ylang
- 1 Cedarwood
- 1 Iliahi (Hawaiian Sandalwood)

Back to School

- 3 Wintergreen
- 2 Arbovitae
- 2 Bergamot
- 1 Peppermint

After-School Snack

- 4 Madagascar Vanilla
- 2 Frankincense
- 2 Tangerine

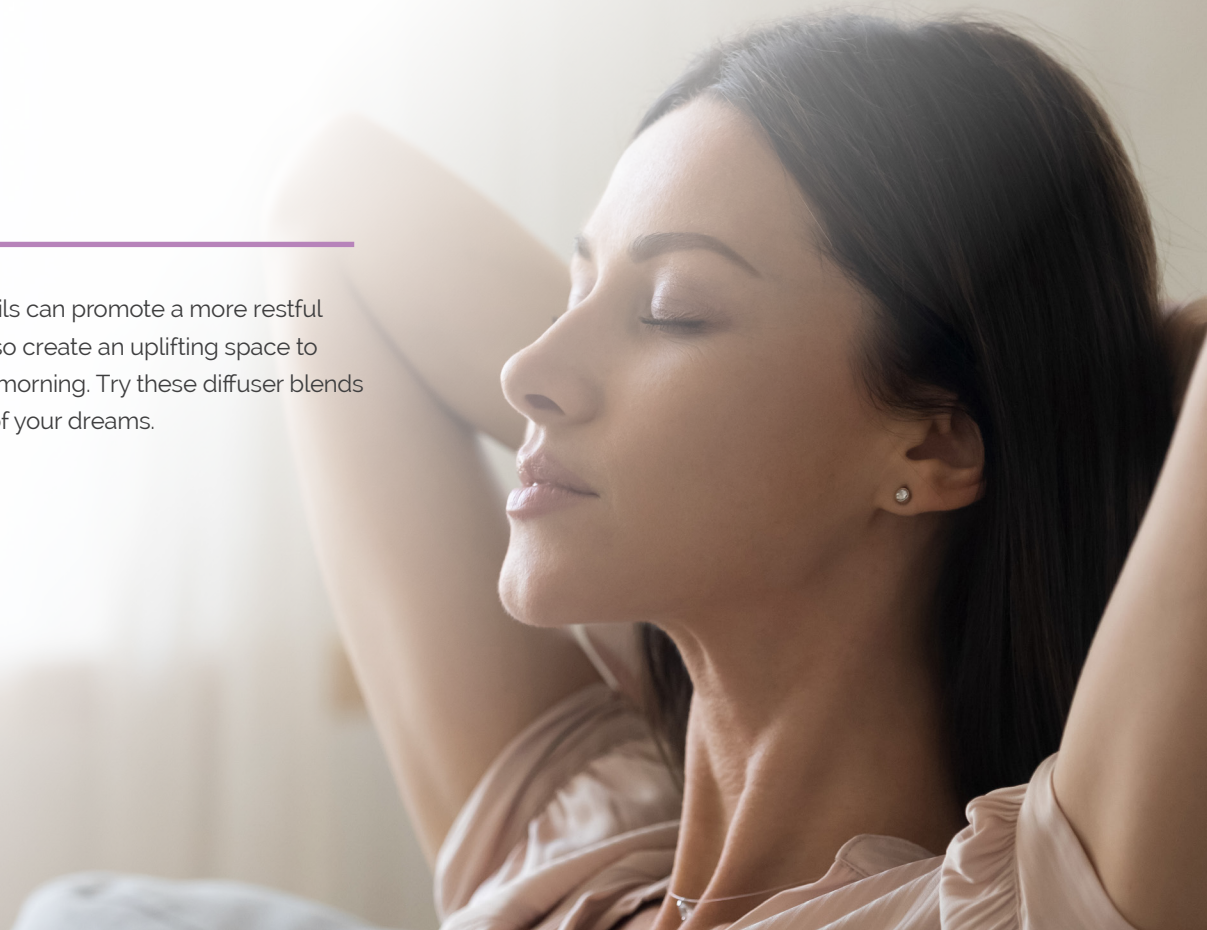
Late-Night Chat

- 2 Wild Orange
- 2 Cinnamon Bark
- 2 Lemon
- 2 Clove







Rest





The aromas of essential oils can promote a more restful environment. They can also create an uplifting space to help you get going in the morning. Try these diffuser blends to build the atmosphere of your dreams.





Spa Dreams

-  Rosemary
-  Lavender
-  Lime
-  Ylang Ylang

Dream a Little Dream

-  Lavender
-  Cedarwood
-  Wild Orange
-  Ylang Ylang

Lullaby

-  Lavender
-  Frankincense
-  Adaptiv[®]




Snoozy Sunday

-  Juniper Berry
-  Bergamot
-  Vetiver

Rise and Shine

-  Cedarwood
-  Sandalwood
-  Cinnamon Bark
-  Tangerine

Let It Go

-  dōTERRA Serenity[®]
-  Frankincense
-  Lime

Serene Sister

- 3 Juniper Berry
- 2 dōTERRA Serenity®
- 1 Cedarwood

Sunset

- 5 dōTERRA Serenity®
- 2 Wild Orange
- 2 Citrus Bliss®

Yin and Yang

- 2 Lavender
- 2 dōTERRA Balance®
- 2 Vetiver

Be Chill

- 2 Clary Sage
- 2 Lavender
- 2 Vetiver

Moon and Stars

- 4 Lavender
- 2 Cedarwood
- 2 Wild Orange
- 1 Ylang Ylang

Sleepy Thyme

- 1 Thyme
- 1 Marjoram
- 1 Lavender



Children

Children are incredibly aware of their surroundings, especially when it comes to smell. Diffusing the same scent every evening can signal bedtime for babies and children. Diffusing uplifting scents when your kids wake up can help smooth out their morning routine. Whether you're diffusing in the nursery, your kids' bedrooms, or a family room, you can prepare your children for the day (or the night).

Here are other ideas for incorporating scents into your child's routine:

- Use dōTERRA Serenity® Linen Mist to spritz sheets, pillows, and bedding before sleep.
- Use abōde® Laundry Pods when washing bedding or stuffed animals for a lovely, comforting aroma.
- Use the pilōt® Portable Diffuser to diffuse your favorite essential oils in the car.



Wind Down

- Cedarwood
- Lavender

Night Night

- Frankincense
- Lavender
- Tangerine

Smarty Pants

- dōTERRA Cheer®
- Grapefruit
- Wild Orange

Little Superheroes

- Tea Tree
- Wild Orange
- Lemon
- Peppermint

Fruity Bunch

- Lemongrass
- Grapefruit
- Bergamot

Tiny Hands

- Lime
- Tangerine
- Cedarwood

Imagination Station

- 🍊🍊🍊 Wild Orange
- 🌿🌿 Eucalyptus
- 🌱 Fennel

Bébe

- 🍊🍊🍊 Tangerine
- 🌿🌿🌿 Marjoram
- 🌱🌱 Copaiba

Nesting in the Nursery

- 💜💜💜 dōTERRA Serenity®
- 💙💙 Ylang Ylang
- 🌲🌲 Cedarwood

Bubble Gum

- 🍷🍷 Arborvitae
- 🍋🍋 Lemongrass
- 🍷🍷 Wintergreen

Splish Splash

- 💜💜 Lavender
- 💖 Geranium
- 🌱🌱 Copaiba

Terrific Twos

- 🌿🌿🌿 dōTERRA Balance®
- 💜💜 dōTERRA Console®
- 💜 Lavender



Seasons

Welcome a new season into your home with a new diffuser blend. It can keep you feeling fresh as you start your spring cleaning, help you tackle a busy summer day with the kids, or create the perfect ambiance as you snuggle up with a book on a chilly autumn or winter night.

With the earth's pure, natural scents, you can invite the feeling of each season into your space.



Winter

Winter Respite

- 🔥🔥🔥 Wild Orange
- 🔥🔥🔥 Cedarwood
- 🔥🔥 Cassia

Frosted Forest

- 🌲🌲🌲 Douglas Fir
- 🌲🌲 Cypress
- 🔥🔥 Cedarwood

Winter Moon

- 🔥🔥🔥 Citrus Bliss®
- 🌊🌊🌊 Juniper Berry
- 🔥🔥 Frankincense

Warm and Cozy

- 🔥🔥🔥 Cinnamon Bark
- 🔥🔥🔥 Wild Orange
- 🔥🔥 Clove

Snowy Morning

- 🌲🌲 Eucalyptus
- 🌊🌊 Peppermint
- 🌟🌟 Wild Orange

Alpine Air

- 🔥🔥🔥 Cedarwood
- 🌲🌲 Cypress
- 🌊🌊 Juniper Berry
- 🌲 Eucalyptus

Citrus Ice

- 🔥🔥 Citrus Bliss
- 🌊🌊 Spearmint
- 🌟🌟 Bergamot

Spring

Rainstorm

- 4 Eucalyptus
- 3 Lemon
- 3 Lemongrass

Wildflowers

- 3 Lavender
- 3 Cedarwood
- 2 Bergamot
- 2 Patchouli
- 2 Wild Orange

Garden Stroll

- 3 Lemon
- 3 Tea Tree
- 1 Peppermint

Spring Zing

- 2 Lime
- 2 Grapefruit
- 2 Tangerine
- 2 Spearmint

Rainbow Mist

- 3 Wild Orange
- 3 Grapefruit
- 2 Lemon
- 1 Bergamot

Blue Skies and Butterflies

- 2 Frankincense
- 2 Siberian Fir
- 2 Tangerine
- 2 Lemon

Spring Blossoms

- 3 Wild Orange
- 2 Ginger
- 2 Ylang Ylang

Summer

Lazy Summer

- 5 Lime
- 3 Grapefruit
- 1 Cedarwood

Citrus Pop

- 3 Lime
- 2 dōTERRA Cheer®
- 2 Wild Orange

Summer Vibes

- 4 Spearmint
- 2 Lavender
- 2 Lime
- 2 Helichrysum
- 2 Peppermint

Lemonade Stand

- 4 Lemon
- 1 Basil
- 1 Spearmint

Mountain Air

- 3 Bergamot
- 2 Wintergreen
- 2 Siberian Fir

Ocean Breeze

- 3 Lime
- 2 Lavender
- 1 Spearmint

Summer Solstice

- 4 Lemongrass
- 3 Wild Orange
- 1 Peppermint



Fall

Crunchy Leaves

- 3 Cedarwood
- 2 Black Spruce
- 2 Bergamot

Harvest Moon

- 4 Cinnamon Bark
- 3 Cardamom
- 2 Clove

Warm Welcome

- 4 Cedarwood
- 2 Cassia
- 2 Wild Orange

Pumpkin Patch

- 5 Tangerine
- 2 Cinnamon Bark
- 1 Clove

Sweater Weather

- 2 Wild Orange
- 2 Clove
- 1 Juniper Berry
- 1 Cedarwood

September Sunrise

- 3 Grapefruit
- 2 Clove
- 1 Cedarwood

Cinnamon Crisp

- 3 Siberian Fir
- 3 Wild Orange
- 1 Cassia



Conclusion

Limitless Possibilities

Once you learn how to make diffuser blends and what your favorite essential oils are, the possibilities are limitless! Harness the power of essential oils for your home, your family, and your life.



Do you want more diffuser blend ideas? Follow dōTERRA on Pinterest. We're always adding new ideas to our Diffuser Blend board!

Have some ideas of your own?

Use the space below for your own custom creations. Share and trade with your friends and family!
