



Essential Oil Diffuser Blends for Deep Relaxation

*Recipes you can use in your home diffuser

Work-related Stress Remover

4 drops of ylang-ylang
2 drops of valerian

Emotional Stress Reliever

4 drops of lavender
3 drops of chamomile

Deep Tranquility

5 drops of bergamot
4 drops of frankincense
3 drops of geranium

Sweet Dreams

3 drops of lavender
3 drops of bergamot

Creative Intuition

4 drops of lavender
2 drops of vetiver
1 drop of lemon
1 drop of clary sage

Deep Breath

1 drop of bergamot
1 drop of ylang ylang
1 drop of patchouli

*If you don't have an essential oil diffuser, you can place these drops into a cup of hot water or drop them on a tissue and place it on a table next to wherever you rest your head.

Into the Forest

2 drops of wintergreen
2 drops of white fir
2 drops of cypress

Cozy

4 drops of wild orange
3 drops of ginger
3 drops of cinnamon

Wind Down

4 drops of lavender
2 drops of wild orange
2 drops of cedarwood
1 drop of ylang ylang

At Peace

4 drops of lemon
3 drops of orange
1 drop of cedarwood

Grounded

2 drops of cedarwood
2 drops of vetiver

