



DIFFUSER RECIPES

wake up energized

PEP IN YOUR STEP

- 3 drops orange essential oil
- 1 drop bergamot essential oil
- 1 drop grapefruit essential oil
- 1 drop rosemary essential oil

GOOD MORNING

- 3 drops grapefruit essential oil
- 2 drops frankincense essential oil
- 2 drops white fir essential oil

POWER UP

- 3 drops lemon essential oil
- 2 drops basil essential oil
- 1 drop rosemary essential oil

WAKING UP FRESH

- 3 drops wintergreen essential oil
- 3 drops peppermint essential oil

EYE OPENER

- 3 drops grapefruit essential oil
- 2 drops lime essential oil
- 2 drops tangerine essential oil
- 2 drops spearmint essential oil

GET GOIN'

- 2 drops lime essential oil
- 2 drops orange essential oil
- 2 drops black pepper essential oil
- 2 drops frankincense essential oil

EYE ON THE PRIZE

- 2 drops pine essential oil
- 2 drops black pepper essential oil
- 2 drops grapefruit essential oil

READY TO GO

- 2 drops spearmint essential oil
- 2 drops lemongrass essential oil
- 2 drops thyme essential oil
