

Five Floral and Energizing Diffuser Blends



Is there any better scent in the world than the flowers of spring. Lily-of-the-valley, lilac, and jasmine? Floral fragrances are romantic and pair nicely with the high energy that spring brings. To use these blends, follow the instructions on your diffuser.

LEVEL: Easy

MAKES: 1 use per blend

Blend #1

- 5 drops jasmine
- 3 drops peppermint
- 1 drop bergamot

Blend #2

- 5 drops ylang-ylang
- 5 drops sandalwood
- 5 drops lavender

Blend #3

- 5 drops ylang-ylang
- 5 drops clary sage
- 5 drops tangerine

Blend #4

- 5 drops geranium
- 5 drops spearmint
- 5 drops jasmine

Blend #5

- 5 drops blue tansy
- 5 drops helichrysum
- 5 drops lemon

Geranium Mood Lifter

This is the essential oil mix I keep in my office. I don't want my office to smell like a spa, but I do want to have a scented space. I have this as a spray, but you could use the same blend in a candle or in a diffuser.



LEVEL: Easy

MAKES: 1 (8-ounce) spray bottle

Ingredients

3 ounces witch hazel	10 drops bergamot essential oil
3 ounces distilled water	
40 drops geranium essential oil	10 drops ylang-ylang essential oil
40 drops cedarwood essential oil	5 drops peppermint essential oil

Pour water and witch hazel into a spray bottle. Add the essential oils and gently shake to combine. Spray into air and allow to settle.

Headache Ease Rollerball

I have an instinctual need to rub my head when I have a headache, and this rollerball helps with the self-massage. Plus, the essential oils will help to heal the pain. I suggest using the roller ball on the nape of your neck, as well as your temples.

LEVEL: Medium

MAKES: 1 small roller bottle

Ingredients

2 tablespoons grapeseed oil	10 drops lavender essential oil
20 drops peppermint essential oil	5 drops rosemary essential oil
20 drops eucalyptus essential oil	

1. Add all ingredients to a bowl and stir gently to combine.
2. Funnel ingredients into a small roller bottle and secure the top. Apply to your forehead and temples.