

## DIY Diffuser



The first I heard of a diffuser was when I received one similar to the image above in a Christmas swap. It was love at first sniff. It came from Pier 1 Imports, so I decided to get a few as inexpensive gifts. Then they were about \$12.00 and were much larger...since then they've gone up in price as they've reduced in size, so I decided to investigate making my own. It's actually quite easy to do with this recipe:

¼ cup mineral oil  
2 to 3 tablespoons undiluted vodka  
Essential oil(s) in your favorite scents or create your own by combining several scents\*  
Diffuser Reeds or Bamboo Skewers  
Small Bottle or Vase a wider bottom and smaller top large enough to hold 5 or so reeds

1. Add the mineral oil to a mixing cup.
2. Add the vodka and stir **well**.
3. Finally add the essential oil(s) several drops at a time, mixing after each addition, until you get to the desired strength. Rule of thumb is 25% essential oil to 75% remaining ingredients.
4. Pour it into your bottle and insert the reeds, flipping them after a few hours and every week or so thereafter.

The bottle and reeds are a one-time purchase so your cost to make the refills will only be \$2.00 or so.

I found a few bottles which would work well:

<http://www.michaels.com/10277708.html?q=bottles&start=34>

[http://www.amazon.com/Hosley-Candle-Company-Ceramic-Diffuser/dp/B00OJI2SUE/ref=sr\\_1\\_5?ie=UTF8&qid=1447815170&sr=8-5&keywords=reed+diffuser+bottles](http://www.amazon.com/Hosley-Candle-Company-Ceramic-Diffuser/dp/B00OJI2SUE/ref=sr_1_5?ie=UTF8&qid=1447815170&sr=8-5&keywords=reed+diffuser+bottles)

\*If you haven't played around with combining essential oils, here are a few combinations I found at [The Prairie Homestead](#). Jill has done all the mixology for you. If you visit her website, take a look around...so much to see, so much to learn!

## **1. Let's Focus Essential Oil Diffuser Recipe**

This is a much-loved combo, and for good reason! It's perfect to increase alertness, or when you need a quick pick-me-up.

- 2 drops wild orange essential oil
- 2 drops peppermint essential oil

## **2. Fresh and Clean Essential Oil Diffuser Recipe**

This blend is wonderful for creating a welcoming atmosphere in your home. It's bright and fresh:

- 2 drops lavender essential oil
- 2 drops lemon essential oil
- 2 drops rosemary essential oil

## **3. Odor Eliminator Essential Oil Diffuser Recipe**

We are animal-people, and we've had our fair share of "incidences" in our house. Whenever this happens, I like to diffuse this blend. It freshens up the air in no time:

- 2 drops lemon essential oil
- 1 drop melaleuca essential oil
- 1 drop cilantro essential oil
- 1 drop lime essential oil

## **4. Seasonal Support Essential Oil Diffuser Recipe**

These three oils together are spectacular for helping to maintain clear breathing and a healthy immune response. I use this blend especially during the spring and summer months.

- 2 drops lavender essential oil
- 2 drops lemon essential oil
- 2 drops peppermint essential oil

## **5. Citrus Explosion Essential Oil Diffuser Recipe**

I love diffusing citrus blends when we have company coming over. It makes my house smell happy and clean.

- 1 drop lemon essential oil
- 2 drops wild orange essential oil
- 1 drop lime essential oil
- 1 drop grapefruit essential oil

## **6. Deep Breath Essential Oil Diffuser Recipe**

I tend to be a very high-energy person. *The good part of that?* I get a lot done. *The bad part?* I have a hard time settling down sometimes...

I adore this blend for the evenings when I'm trying to slow my brain down, and I also like to diffuse it in the bedroom as I fall asleep:

- 1 drop bergamot essential oil
- 1 drop patchouli essential oil
- 1 drop ylang ylang essential oil

## **7. Respiratory Support Essential Oil Diffuser Recipe**

Use this blend to support respiratory function—especially during the winter months.

- 1 drop lemon essential oil
- 1 drop eucalyptus essential oil
- 2 drops peppermint essential oil
- 1 drop rosemary essential oil

## **8. Flower Garden Essential Oil Diffuser Recipe**

Want your home to smell like a flower garden in full bloom? Try this one:

- 1 drop geranium essential oil
- 2 drops lavender essential oil
- 2 drops roman chamomile essential oil

[\*\*Click Here to Get Jill's Free Essential Oil eBook >>\*\*](#)

## **9. Man-Cave Essential Oil Diffuser Recipe**

I think this combo smells very masculine and woody... Although I enjoy it too.

- 2 drops white fir essential oil
- 2 drops cypress essential oil
- 2 drops wintergreen essential oil

## **10. Bug Repellent Essential Oil Diffuser Recipe**

This combo isn't one that I'd necessarily wear as perfume, but it contains a collection of oils that most creepy-crawlies dislike:

- 1 drop lemongrass essential oil
- 1 drop thyme essential oil
- 1 drop eucalyptus essential oil
- 1 drop basil essential oil

## 11. Spiced Chai Essential Oil Diffuser Recipe

Craving a cup of chai? Either make my [homemade chai tea concentrate](#), or put this blend in your diffuser:

- 3 drops cardamom essential oil
- 2 drops cassia essential oil
- 2 drops clove essential oil
- 1 drop ginger essential oil

## 12. Spicy Citrus Essential Oil Diffuser Recipe

What autumn should smell like.

- 3 drops wild orange essential oil
- 2 drops cinnamon bark essential oil
- 1 drop clove essential oil

## 13. Woodsy Essential Oil Diffuser Recipe

Feeling like a walk in the woods, but stuck at home? Try this instead:

- 3 drops frankincense essential oil
- 2 drops white fir essential oil
- 1 drop cedarwood essential oil

## 14. Immune Booster Essential Oil Diffuser Recipe

A perfect option during cold and flu season:

- 1 drop rosemary essential oil
- 1 drop clove essential oil
- 1 drop eucalyptus essential oil
- 1 drop cinnamon bark essential oil
- 1 drop wild orange essential oil

## 15. Anti-Stress Essential Oil Diffuser Recipe

Feeling frazzled? This is one of my favorite combos:

- 2 drops frankincense essential oil
- 2 drops bergamot essential oil

## 16. G'Night Essential Oil Diffuser Recipe

For a sweet night's sleep:

- 2 drops lavender essential oil
- 2 drops chamomile essential oil
- 2 drops vetiver essential oil

### **17. Candy Store Essential Oil Diffuser Recipe**

I don't know why, but this one smells like candy. The kids love it, and it'll make your house happy.

- 2 drops wild orange essential oil
- 2 drop wintergreen essential oil

### **18. Energize Essential Oil Diffuser Recipe**

Diffuse this one first thing in the morning for a big boost:

- 2 drops wild orange essential oil
- 2 drops frankincense essential oil
- 2 drops cinnamon essential oil

### **19. Grounding Essential Oil Diffuser Recipe**

For those moments when everyone really needs to chill out:

- 2 drops vetiver essential oil
- 2 drops cedarwood essential oil

### **20. Happy Holiday Essential Oil Diffuser Recipe**

- 2 drops white fir
- 2 drops wild orange
- 1 drop wintergreen