

Diffusers, Candles Or Air Fresheners?



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Diffusers

Why Cold-Air Diffusers?

I prefer using a cold-air diffuser since it allows me to enjoy ALL the benefits of the essential oil—not just the scent. Unlike candle warmers, a cold-air diffuser doesn't heat the oil, so all the therapeutic benefits of the essential oil remain intact.

Reed Diffusers

I've tried reed diffusers, and while they do work somewhat, they aren't as effective at dispersing the oil into a large area.

Candles

I kicked my candles to the curb.

And I was quite the candle addict... So that's saying a lot.

There's nothing I love more than being enveloped by a warm, spicy scent when I walking into the house on a brisk, fall day. And who doesn't love the flickering of a candle on a cozy winter's night?

There's nothing I love more than being enveloped by a warm, spicy scent when I walking into the house on a brisk, fall day. And who doesn't love the flickering of a candle on a cozy winter's night?

But once I started learning about some of the toxic junk my candle addiction was releasing into my house, suddenly my "warm sugar cookie" scented candles didn't seem quite as appealing... Bummer.

As far as candle toxicity goes, it seems as though paraffin and lead-cored wicks are the two biggest concerns:

- **Paraffin:** Many candles (especially the cheaper kind) are made from paraffin wax; a petroleum by-product, which has the potential to contain toxins and potential carcinogens which are released into the air when the candle is burned. Some researchers even claim the smoke from some candles contains almost as much icky stuff as cigarette smoke.
- **Lead-Cored Wicks:** One of the primary concerns with candles used to be lead-based wicks, which would, of course, emit lead into the air when burned. However, in 2003, the U.S. Consumer Product



Safety Commission (CPSC) banned the manufacture and sale of all lead-based candles. So while lead emission is something you probably don't need to worry about with newer candles, make sure you don't have older candles in your stash that contain wicks with this harmful neurotoxin. (Here's how to test and see if your candles have lead wicks)

Thankfully, soy, beeswax, or tallow candles are much cleaner burning and non-toxic, so they are still a good choice if you still crave the ambiance a lit candle creates.

But What About Air Fresheners?

Sadly, they aren't much better. I published a post a few months back that highlights some of the issues related to aerosol room sprays and plug-in air fresheners. Here are some of the stats, in case you missed it:

Many air fresheners contain phthalates (pronounced thal-ates), which have been linked to birth defects, hormonal abnormalities, and reproductive problems.

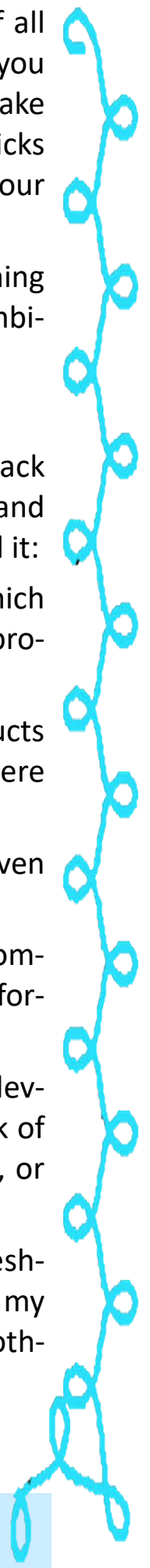
The Natural Resources Defense Council tested 14 common products and discovered that 12 (86%) had phthalates, even though they were not listed as ingredients on the label.

This included air fresheners advertised as "all-natural" and even "unscented!"

Air fresheners also regularly contain allergens, volatile organic compounds (VOCs) and other dangerous carcinogens like benzene and formaldehyde.

According to the Minnesota Department of Health, "Breathing low levels of VOCs for long periods of time may increase some people's risk of health problems," such as: cancer and damage to the liver, kidneys, or central nervous system.

So... am I running around purging my home of all candles and air fresheners while wearing a hazmat suit? Um, no. As I've matured a bit in my natural-living journey, I've learned to mellow a bit in my "all or nothing" zeal.



However, burning multiple candles in my home all day long (especially paraffin ones) is something I DO plan to avoid.

Thankfully, I'm not feeling deprived at all, thanks to my trusty essential oil diffuser. I've been experimenting with a bunch of different fall-themed diffuser blends to help replace those candles, and I'm pretty darn excited to share them with you today. (Pssst– the Spicy Chai one is my favourite, and yes, I do diffuse it while drinking my homemade chai concentrate for a complete chai experience)

20 Essential Oil Diffuser Recipes

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 essential oil diffuser 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. Odour 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

9. Man-Cave Essential Oil Diffuser Recipe

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

- 2 Siberian 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

This essential oil diffuser blend is 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 essential oil recipe for your diffuser instead:

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

14. Immune Booster Essential Oil Diffuser Recipe

One of my favorite blends for the fall and winter months:

- 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. Goodbye 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 this essential oil blend in the diffuser 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

My favourite essential oil recipe for the diffuser during the month of December.

2 drops siberian fir

2 drops wild orange

1 drop wintergreen



The Best Autumn Essential Oil Recipes for Your Diffuser

theprairiehomestead.com/oil

SPICED CHAI

ESSENTIAL OIL DIFFUSER RECIPE

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

Combine with 70 mL water in a cold-air diffuser. Mmmmmm...



SPICED CITRUS

ESSENTIAL OIL DIFFUSER BLEND

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

Combine with 70 mL water in a cold-air diffuser.



theprairiehomestead.com/oil





WALK IN THE WOODS

ESSENTIAL OIL DIFFUSER RECIPE

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

Combine with 70 mL water in a cold-air diffuser.

theprairiehomestead.com/oil



IMMUNE BOOSTER

ESSENTIAL OIL DIFFUSER RECIPE

- 2 drops rosemary essential oil
- 2 drops clove essential oil
- 2 drops eucalyptus essential oil
- 2 drops cinnamon essential oil
- 2 drops wild orange essential oil

Combine with 70 mL water in a cold-air diffuser to support healthy immune function.

theprairiehomestead.com/oil





Essential Oil Combinations for Diffuser



One thing I love about essential oils is that the blend combinations are really endless.

1. Bedtime

Lavender + Vetiver

2. Happiness

Bergamot + Lavender

3. Peace

Sweet Marjoram + Orange

4. Clear Mind

Rosemary + Peppermint

5. Clean Air

Lemon + Tea Tree

6. No Doubt

Clary Sage + Frankincense

7. Strength

Lime + Black Pepper

8. Bring It On

Juniper + Frankincense

9. Kickstart

Cardamom + Lemongrass

10. Tranquility

Cedarwood + Rose

11. Nausea

Ginger + Peppermint

12. Sleep

Cedarwood + Orange

13. Self-Assured

Grapefruit + Fennel

14. Breathe

Eucalyptus + Lavender

15. Relaxation

Tangerine + Patchouli

16. Just Cleaned

Pine + Lemon

17. Gym Time

Peppermint + Spearmint

18. Feel Better

Cypress + Lemon

19. Calm

Lavender + Sandalwood

20. Detox

Lemon + Grapefruit

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57 ESSENTIAL OIL DIFFUSER BLEND RECIPES FOR MIND, BODY & SOUL

Here are a couple of things to note before you start diffusing.

You need a cool-air diffuser. These diffusers usually require a small amount of distilled water to be added along with essential oils. Note: Cold air diffusers ranges vary, with most around 50 sqM. So if you are trying to diffuse your bedroom and living room, most likely you will need two diffusers.

You need essential oils. (Don't just buy them because they are cheap, some are synthetic and most of the cheap ones have fillers which can be toxic. Buy a reputable brand with oils that are tested multiple times, I only use and recommend dōTERRA because of the sourcing, farming practices and testing.)

Diffuser recipes use between 8 – 12 drops of oil.

Some recipes have several variations. It's not that one recipe is better or worse than another, it's that each person's body chemistry is different and each oil can affect it differently. Feel free to experiment to find the one that works for you.





**ESSENTIAL OIL DIFFUSER
BLEND RECIPES – ATTITUDE
BLENDS**

1. smarty pants blend 1

4 drops peppermint
4 drops cinnamon
2 drop rosemary

2. smarty pants blend 2

3 drops rosemary
3 drops frankincense
3 drops peppermint

3. focus blend 1

2 drops frankincense
2 drop vetiver
4 drops balance

4. focus blend 2

1 drop basil
1 drop rosemary
2 drops lemon
2 drops peppermint
2 drops grapefruit
2 drops lavender

5. stress away blend 1

4 drops lavender
3 drops clary sage
2 drops ylang ylang
1 drop marjoram

6. stress away blend 2

4 drops frankincense
4 drops balance

7. stress away blend 3

3 drops lavender
2 drops roman chamomile
2 drops ylang ylang

8. stress away blend 4

3 drops bergamot
3 drops frankincense
3 drops elevation

9. stress away blend 5

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

10. stress away blend 6

3 drop bergamot
3 drop patchouli
3 drop ylang ylang

11. stress away blend 7

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

12. calming blend 1

3 drops lavender
3 drops geranium
2 drops roman chamomile
2 drops clary sage
2 drops ylang ylang

13. calming blend 2

3 drops lavender
3 drops lime
3 drops mandarin

14. energy blend 1

3 drops rosemary
3 drops peppermint
3 drops lemon



15. energy blend 2

2 drops grapefruit
3 drops peppermint
3 drops rosemary

16. energy blend 3

3 drops wild orange
3 drops frankincense
2 drops cinnamon

17. wake up blend

4 drops wild orange
4 drops peppermint

18. happy blend 1

3 drops bergamot
2 drops geranium
3 drops lavender

19. happy blend 2

2 drops frankincense
2 drops peppermint
2 drops wild orange
2 drops lime

**ESSENTIAL OIL DIFFUSER
BLEND RECIPES – GENERAL
AILMENT BLENDS**

20. immune booster blend 1

2 drops rosemary
2 drops clove
2 drop eucalyptus
2 drops cinnamon
2 drops wild orange

21. immune booster blend 2

4 drops on guard
3 drops lemon
2 drop oregano

22. immune booster blend 3

5 drops on guard
2 drops lemon
1 drop melaleuca

23. immune booster blend 4

2 drops lemon
1 drop lime
2 drops peppermint
1 drop rosemary
2 drops eucalyptus
1 drop clove

24. immune booster blend 5

2 drop rosemary
2 drop clove
2 drop eucalyptus
2 drop cinnamon
2 drop wild orange

25. sleepy time blend 1

3 drops juniper berry
3 drops roman chamomile
3 drops lavender

26. sleepy time blend 2

4 drops cedarwood
3 drops lavender

27. sleepy time blend 3

3 drops vetiver
3 drops lavender
2 drops frankincense

28. sleepy time blend 4

3 drops balance
2 drops lavender
2 drops roman chamomile
2 drops vetiver



29. sleepy time blend 5

3 drops lavender
2 drops marjoram
1 drop orange
1 drop roman chamomile

30. seasonal discomfort blend

3 drops lemon
3 drops lavender
3 drops peppermint

31. headache blend 1

2 drops marjoram
2 drops thyme
2 drops rosemary
2 drops peppermint
2 drops lavender

32. headache blend 2

6 drops peppermint
4 drops eucalyptus
2 drops myrrh

33. headache blend 3

9 drops rosemary
5 drops melaleuca
4 drops geranium
3 drops peppermint
2 drops eucalyptus
2 drops lavender

34. common cold relief blend

5 drops rosemary
4 drops eucalyptus
4 drops peppermint
3 drops cypress
2 drops lemon

35. breathe blend

4 drops eucalyptus
4 drops peppermint

36. bye-bye insect blend 1

4 drops spearmint
4 drops peppermint
4 drops citronella
1 drop lemongrass

37. bye-bye insect blend 2

2 drop lemongrass
2 drop thyme
2 drop eucalyptus
2 drop basil

38. bye-bye insect blend 3

1 drop lemongrass
1 drop melaleuca
1 drop thyme
1 drop eucalyptus
1 drop rosemary

**ESSENTIAL OIL DIFFUSER
BLEND RECIPES – GOOD
SMELLING BLENDS**

39. welcoming blend

3 drops lavender
3 drops lemon
3 drops rosemary

40. bliss blend

3 drops wild orange
3 drops grapefruit
2 drops lemon
2 drop bergamot

41. fresh air blend 1

3 drops melaleuca
3 drops lemon
3 drops lime



42. fresh air blend 2

4 drops purify
4 drops lemon

43. fresh air blend 3

4 drops vetiver
3 drops lemon
3 drops peppermint

44. fresh air blend 4

3 drops lemon
2 drop melaleuca
2 drop cilantro
2 drop lime

45. fresh air blend 5

3 drops lemon
2 drop melaleuca
2 drop lime
2 drop siberian fir
2 drop cilantro

46. man cave blend 1

3 drops bergamot
3 drops cypress
3 drops arborvitae

47. man cave blend 2

2 drops siberian fir
2 drops cypress
2 drops wintergreen

48. fall blend

4 drops wild orange
3 drops cinnamon
3 drops ginger

49. summertime blend

3 drops grapefruit
3 drops lavender
2 drops lemon
2 drops spearmint

50. spring blend

2 drop geranium
3 drops lavender
3 drops roman chamomile

51. winter blend

3 drops siberian fir
3 drops wild orange
2 drop wintergreen

52. christmas blend

4 drops patchouli
4 drops cinnamon
3 drops orange
2 drops clove
1 drop ylang ylang

53. spiced chai blend

3 drops cardamom
2 drops cassia
2 drops clove
1 drop ginger

54. spiced citrus blend

4 drops wild orange
3 drops cinnamon
2 drop clove

55. candy store blend

4 drops wild orange
4 drop wintergreen





56. woody blend

4 drops frankincense

3 drops siberian fir

2 drop cedarwood

57. citrus forest blend

2 drops lime

2 drops lemon

1 drop orange

1 drop bergamot

1 drop siberian fir



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