

dōTERRA™

# DIFFUSER

Use, Care and Blends



# Diffuser Ebook

Contact:

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# Guide to Taking Care of Your Oil Diffusers

Diffusing essential oils is one of the easiest yet most effective ways for you to experience the aromatic benefits of your favorite essential oil. Over time, your diffuser will develop an oil buildup that potentially can prevent it from working properly, so it is important to understand how to use and take care of it. Here are a few tips that will help you have the best aromatic experience and extend the life of your doTERRA diffuser.

## Filling Your Diffuser

- Use clean, room-temperature tap or distilled water. Make sure the water level does not exceed the water mark.
- Add 5–12 drops of doTERRA essential oils. You can add more oil for a stronger scent. Experiment with the amount of oil you use and find what works best for you.

## Cleaning Tips

### doTERRA Cloud™ and Aroma Ace Diffusers

- Clean the nozzle before switching oils.
- Rinse the nozzle with tap water, or for deep cleaning, submerge the quick-change top in rubbing alcohol for 30–60 minutes.
- Wipe clean with a dry cloth.

## PETAL, AROMA, LITE, AND LOTUS DIFFUSERS

### Quick-Clean after Each Use

- Make sure to unplug your diffuser prior to cleaning.
- When removing excess water from the water tank, pour from the rear of the diffuser to avoid spilling on the operating buttons.
- Clean the inside of the water tank and the outside of the diffuser with a small amount of neutral detergent cotton cloth or a small foam brush. Avoid using any harsh cleaners on your diffuser.
- Rinse and dry.
- Use a Q-tip dipped in rubbing alcohol to wipe the ultrasonic mist chip found inside the water tank.



## **Deep Clean Every Month**

Cleaning is a necessary step to ensure that oil residue doesn't build up in your machine preventing it from working properly. Periodically, it is a good idea to run your diffuser through a cleaning cycle. If you use your unit every day, then running a cleaning cycle monthly is a good idea. To do so, do the following:

- Fill your diffuser half way with clean water.
- Add 10 drops of white vinegar.
- Let the diffuser run for about 5 minutes to allow the water-vinegar mixture to disperse throughout the unit and clean it.
- Drain the diffuser completely.
- Using a cotton swab dipped in vinegar, clean the tight spots and corners of the diffuser.
- Rinse with clean water.
- Use a dry cloth to wipe the diffuser and dry it thoroughly.

## **Best Places to Use Diffusers**

- Bedrooms
- Office desk
- Hotel rooms
- Spa room

Avoid placing your diffuser in direct sunlight or near a fan.



## Blends for Diffusers

# Back To School

### Study Time

◆ 1 drop  
Lime, lemon, wild orange,  
grapefruit, bergamot

### Rise 'n Shine

◆ 1 drop  
Spearmint, lemon,  
wild orange

### A+ Student

◆◆ 2 drops  
Rosemary, peppermint  
frankincense

### Full Focus

◆ 1 drop  
Douglas fir, basil

◆◆ 2 drops  
Lemon

### Clear Mind

◆ 1 drop  
Sandalwood, cinnamon  
Bark

◆◆ 2 drops  
Frankincense

### Stress Less

◆ 1 drop  
Vetiver, lavender

◆◆ 2 drops  
Balance



These doTERRA Back to School Diffuser Blends will help your kids be ready to start learning again, whether you home school or your kids go to a formal school.

You could use these while your children are doing their homework or during learning time if they are homeschooled.





**Get It Done**  
 Diffuser Blend  
 1 drop Lime  
 1 drop Lemon  
 1 drop Wild Orange  
 1 drop Grapefruit  
 1 drop Bergamot



# Motivation Blends

*Motivation Monday*  
 Diffuser Blend

-  dōTERRA Motivate®
-  Coriander
-  Lime

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*Potent Passion*  
 DIFFUSER BLEND

-  dōTERRA Passion®
-  White Fir
-  Cinnamon

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**Getting Ready for the Day**  
 Diffuser Blend  
 3 drops Vetiver  
 2 drops Lemon  
 1 drop Peppermint



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# Monday Blends

## Monday DIFFUSER BLENDS

### Wake Up!

4 drops Peppermint  
4 drops Wild Orange

### Sunrise Energy

3 drops Peppermint  
3 drops Lemon  
2 drops Frankincense

### Fresh Start

2 drops Clary Sage  
2 drops Ylang Ylang  
2 drops Lavender  
2 drops Sandalwood

### Get Stuff Done

5 drops Cedarwood  
4 drops Lemon  
2 drops Rosemary

### Monday Afternoon

4 drops Clary Sage  
3 drops Spearmint  
2 drops Lemon

### It's Lunchtime!

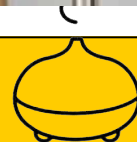
3 drops Lime  
3 drops Wild Orange  
1 drop Lemon  
1 drop Peppermint

### Homework

3 drops Douglas Fir  
2 drops Lemon

### Time for Bed

3 drops Bergamot  
2 drops Frankincense  
2 drop Lavender



# Tuesday

## Diffuser Blends

### GOOD MORNING

- ◆◆◆ Tea Tree
- ◆◆◆◆ Lemon
- ◆◆ Lime

### GETTING READY

- ◆◆◆ Vetiver
- ◆◆ Lemon
- ◆ Peppermint

### AFTERNOON SIESTA

- ◆◆◆◆ Wild Orange
- ◆◆◆◆ Ylang Ylang
- ◆◆ Cedarwood
- ◆ Sandalwood

### OFF TO WORK

- ◆◆ Black Pepper
- ◆◆ Peppermint
- ◆◆ Lavender

### GET FIT

- ◆◆ Peppermint
- ◆◆ Wild Orange
- ◆◆ Grapefruit

### SWEET DREAMS

- ◆◆ Lavender
- ◆◆ Frankincense
- ◆◆ Roman Chamomile

### CHILL OUT

- ◆◆◆ Grapefruit
- ◆◆◆ Wild Orange
- ◆◆ Lemon
- ◆ Bergamot

### DELICIOUS DINNER

- ◆◆◆ Lemon
- ◆◆◆ Lime
- ◆◆ Rosemary



# Tuesday Blends





# Wednesday Blends

## Wednesday

### Diffuser Blends

#### IT'S A NEW DAY

- ◆◆◆◆ Lime
- ◆◆◆ Bergamot
- ◆◆ Ylang Ylang

#### ENERGISE!

- ◆◆◆◆ Lime
- ◆◆◆◆ Frankincense
- ◆◆ Ylang Ylang

#### TIME TO WAKE UP

- ◆◆ Peppermint
- ◆◆◆ Grapefruit
- ◆◆◆◆ Bergamot

#### COMING HOME

- ◆◆◆ OnGuard
- ◆◆◆ Wild Orange
- ◆◆◆ Lemon

#### IT'S HUMP DAY

- ◆◆◆◆ Grapefruit
- ◆◆◆ Rosemary
- ◆◆◆ Peppermint

#### TENSION RELEASE

- ◆◆◆ Lavender
- ◆◆◆ Clary Sage
- ◆◆ Ylang Ylang
- ◆ Marjoram

#### BE STILL

- ◆◆◆ Patchouli
- ◆◆ Cypress
- ◆◆ Bergamot

#### PEACEFUL SLEEP

- ◆◆◆◆ Lavender
- ◆◆◆ Easy Air



# Thursday Blends

## Thursday

### Diffuser Blends

#### MORNING COFFEE

- ◆◆◆◆ Elevation
- ◆◆ Wild Orange

#### LET GO

- ◆◆ Forgive
- ◆ Douglas Fir

#### BRIGHT AND BREEZY

- ◆◆ Citrus Bliss
- ◆ Easy Air

#### OCEAN DREAMS

- ◆◆ Bergamot
- ◆◆ Ylang Ylang
- ◆ Lemongrass

#### CAREFREE

- ◆◆◆◆ Bergamot
- ◆◆ Patchouli
- ◆ Easy Air

#### CLEAR YOUR HEAD

- ◆◆◆ Lemongrass
- ◆◆ Peppermint
- ◆◆◆◆ Lavender

#### BALANCED BLISS

- ◆◆ Balance
- ◆◆ Siberian Fir
- ◆◆ Citrus Bliss

#### PRACTICE

- ◆◆ Balance
- ◆◆ Passion
- ◆◆ Citrus Bliss



# Morning Blends

## morning diffuser blends

### Early Sunrise

2 drops Lemon  
2 drops Peppermint  
1 drop Ylang Ylang

### Morning in Paradise

3 drops Citrus Bliss®  
2 drops Sandalwood  
3 drops Grapefruit

### Alpine Awakening

2 drops Bergamot  
1 drop Cedarwood  
2 drops Wintergreen

### Focus & Energize

3 drops Lemon  
2 drops Peppermint

### Wake Up Buttercup

2 drops Juniper Berry  
4 drops Wild Orange  
4 drops Grapefruit

### Cedar Dawn

3 drops Cedarwood  
3 drops Elevation  
2 drops Cinnamon

### Staycation

3 drops dōTERRA Balance®  
3 drops Bergamot

### Awake & Refresh

1 drop Breathe  
2 drops Bergamot  
2 drops Wild Orange



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# Deliciously Sweet Blends

## Deliciously Sweet diffuser blends

### Cinnamon Spice Cake

- ◆◆ dōTERRA Cheer
- ◆◆ Cassia
- ◆◆◆ Citrus Bliss®
- ◆ dōTERRA Motivate®

### Summer Snow Cones

- ◆ Cinnamon
- ◆ dōTERRA Motivate®
- ◆ Bergamot
- ◆◆◆ Citrus Bliss®

### Mint Creamsicle

- ◆◆◆◆ Citrus Bliss®
- ◆◆◆ Spearmint

### Apple Pie

- ◆◆◆◆ Douglas Fir
- ◆◆ Cinnamon Bark
- ◆◆◆ Citrus Bliss®

### Oatmeal Cookies

- ◆◆ Cedarwood
- ◆◆ Cassia
- ◆◆◆ Wild Orange

### Jelly Beans

- ◆ Lemongrass
- ◆◆ Wild Orange
- ◆◆ Juniper Berry
- ◆◆◆ Citrus Bliss®

### Citrus Slushie

- ◆◆◆ Lime
- ◆◆ Citrus Bliss®
- ◆◆◆ Grapefruit

### Gingersnap Cookies

- ◆◆ Clove
- ◆◆◆ Ginger
- ◆◆ Cassia



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# Outdoor Blends

## OUTDOOR DIFFUSER BLENDS

### PICNIC IN THE MOUNTAINS

- ◆ Siberian Fir
- ◆◆◆ Balance
- ◆◆ Eucalyptus
- ◆◆◆ Douglas Fir

### INTO THE WOODS

- ◆◆◆◆ Siberian Fir
- ◆ Cilantro
- ◆◆◆ Cedarwood

### UNDER THE STARS

- ◆◆ Lemon
- ◆◆ Peppermint
- ◆ Ylang Ylang

### FRESHLY FROSTED FOREST

- ◆◆ Wintergreen
- ◆◆ Siberian Fir
- ◆◆ Vetiver

### WINDLESS FOREST

- ◆ Arborvitae
- ◆◆◆ Siberian Fir
- ◆◆ Wintergreen

### TAKE A HIKE

- ◆◆◆◆ Cypress
- ◆◆ Tea Tree
- ◆◆ Cedarwood
- ◆ Bergamot

### THE GREAT OUTDOORS

- ◆◆◆◆ Rosemary
- ◆◆◆ Cedarwood
- ◆◆◆ Citrus Bliss
- ◆◆ Juniper Berry

### SWEET FOREST BREEZE

- ◆◆◆ Wild Orange
- ◆◆◆ Juniper Berry
- ◆◆◆ Spikenard



# Around The World Blends

## Around the World

DIFFUSER BLENDS

### MAUI WOWI

- 2 Hawaiian Sandalwood
- 2 Lime
- 2 Wild Orange
- 2 Eucalyptus

### INDONESIAN PALMS

- 3 White Fir
- 2 Bergamot
- 2 Eucalyptus
- 2 Elevation
- 2 Cinnamon
- 2 Lemongrass

### SUMMER IN THE ALPS

- 2 Lemon
- 2 Peppermint
- 2 Ylang Ylang

### BRUNCH IN PROVENCE

- 2 Lavender
- 5 Wild Orange

### ROCKY MOUNTAINS

- 1 White Fir
- 5 dōTERRA Balance<sup>®</sup>
- 2 Eucalyptus
- 2 Douglas Fir

### CALIFORNIA COAST

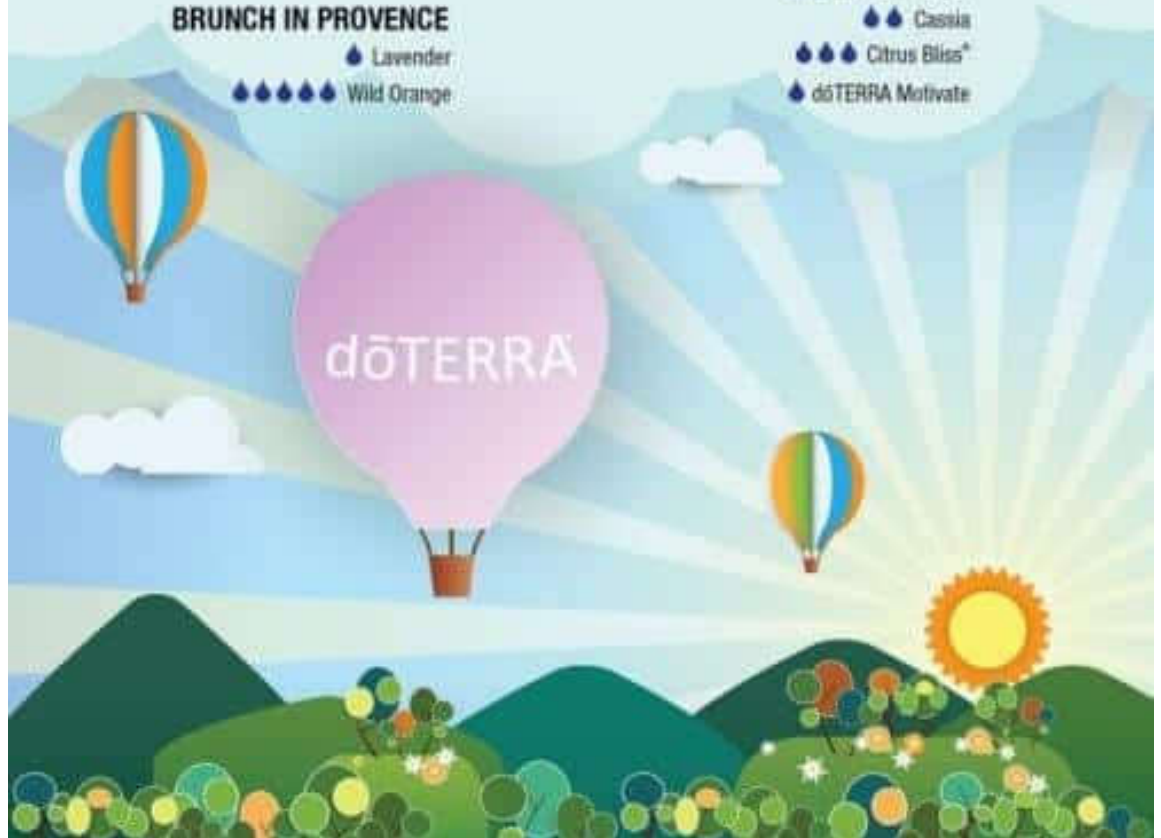
- 2 Frankincense
- 2 Cedarwood
- 2 Rosemary
- 2 Wild Orange

### TAHITI

- 3 Wild Orange
- 2 Ginger
- 2 Ylang Ylang

### HIGH TEA

- 2 dōTERRA Cheer
- 2 Cassia
- 3 Citrus Bliss<sup>®</sup>
- 2 dōTERRA Motivate



# Blends With Feeling

## how are you FEELING?

### STRESSED

*Diffuse:*

3 drops Lavender  
3 drops Lime  
1 drop Spearmint

### TIRED

*Diffuse:*

2 drops Juniper Berry  
4 drops Wild Orange  
4 drops Grapefruit

### NERVOUS

*Diffuse:*

3 drops dōTERRA Balance®  
3 drops Bergamot

### SAD

*Diffuse:*

2 drops Bergamot  
2 drops Frankincense  
2 drops Elevation

### WORRIED

*Diffuse:*

3 drops Patchouli  
3 drops Bergamot

### ANGRY

*Diffuse:*

2 drops dōTERRA Forgive®  
1 drop Douglas Fir

### BORED

*Diffuse:*

2 drops dōTERRA Balance®  
2 drops dōTERRA Passion®  
2 drops Citrus Bliss®

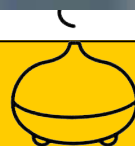
### ANXIOUS

*Diffuse:*

3 drops dōTERRA Peace®  
2 drops Juniper Berry  
3 drops Lemon



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# Wedding Day Blends

## Wedding Day

DIFFUSER BLENDS

### FLOWER GIRL

- ◆◆◆ Wild Orange
- ◆◆ Ginger
- ◆◆ Ylang Ylang

### FIRST DANCE

- ◆◆ Bergamot
- ◆◆ Frankincense
- ◆◆ Elevation

### I DO

- ◆ White Fir
- ◆ Grapefruit
- ◆◆ dōTERRA Balance\*

### HAPPILY EVER AFTER

- ◆◆ dōTERRA Balance\*
- ◆◆ dōTERRA Passion\*
- ◆◆ Citrus Bliss\*

### LOVE IS IN THE AIR

- ◆◆ dōTERRA Motivate\*
- ◆◆ Cinnamon Bark
- ◆ Lemon

### PARIS WEDDING

- ◆◆◆◆ Wild Orange
- ◆ Lavender

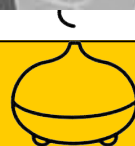
### OUTDOOR WEDDING

- ◆ Clary Sage
- ◆◆ Lime
- ◆◆ Juniper Berry

### TOAST TO THE NEWLYWEDS

- ◆◆◆ Lemon
- ◆ Cardamom
- ◆ Ylang Ylang

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# Autumn Blends

## Aromas

## Inside Your Home

Fall is a beautiful time of the year. It's the season of vibrant colors, family gatherings, and wonderful aromas of home-baked pumpkin spice goodies. You can diffuse essential oils to capture your favorite seasonal scent in your own home without turning on the oven or burning toxic candles.

### Autumn Meadows

- ◆◆◆◆ Douglas Fir
- ◆◆ Cypress
- ◆◆ Patchouli
- ◆◆ Juniper Berry

### Spooky Boo

(Halloween)

- ◆◆ Clove
- ◆◆ Frankincense
- ◆◆ Patchouli
- ◆◆ Spikenard

### Orange Cinnamon Buns

- ◆◆◆◆ Wild Orange
- ◆◆◆ Cinnamon
- ◆◆◆ Cardamom

### Ginger Snaps

- ◆◆◆◆ Ginger
- ◆◆ Cassia
- ◆◆ Cinnamon

### Warm Pumpkin Spice

- ◆◆◆ Cinnamon
- ◆◆◆ Ginger
- ◆◆ Clove
- ◆◆ Cardamom

### Evening by the Fire

- ◆◆◆ Douglas Fir
- ◆◆◆ Frankincense
- ◆◆ Sandalwood
- ◆◆ Lavender
- ◆◆◆ Wild Orange

### Fall Harvest

- ◆◆◆◆ Cedarwood
- ◆◆◆ Cassia
- ◆◆◆ Wild Orange
- ◆◆ Juniper Berry

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Here you can learn about doTERRA autumn diffuser blends. I just love the smell of autumn but I don't like going out in the dark cold nights. I found a wonderful way to bring the crisp smell of autumn into my home without having to go outside.

I use a diffuser and use essential oils and I can make my home smell like anything my heart so desires.



# Holiday Blends

## Holiday

### Diffuser Blends

#### DECK THE HALLS

- ◆◆ Frankincense
- ◆◆ Myrrh
- ◆◆◆ Wild Orange
- ◆◆ Cedarwood

#### FRESHLY FALLEN SNOW

- ◆◆◆ Siberian Fir
- ◆◆ Cardamom
- ◆ Clove

#### SUGAR PLUM FAIRY

- ◆◆◆ Citrus Bliss
- ◆◆ Douglas Fir
- ◆ Motivate

#### HOLLY JOLLY CHRISTMAS

- ◆ Lemongrass
- ◆◆ Wild Orange
- ◆◆ Juniper Berry
- ◆◆◆ Citrus Bliss

#### SPICED CIDER

- ◆◆◆ Wild Orange
- ◆◆ Cinnamon Bark
- ◆ Cardamom
- ◆ Clove

#### BLUE CHRISTMAS

- ◆ Balance
- ◆ Juniper Berry
- ◆ Peace

#### CANDY CANE

- ◆◆◆◆ Peppermint
- ◆◆◆ Bergamot

#### MERRY AND BRIGHT

- ◆◆ Lemon
- ◆ Wild Orange
- ◆ Douglas Fir
- ◆ Citrus Bliss
- ◆ Cardamom

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# Invigorating

## Diffuser Blends

# Invigorating Blends

### WALK IN THE PARK

- ◆ Easy Air
- ◆◆ Bergamot
- ◆◆ Wild Orange

### UPLIFTING, BRIGHT & FRESH

- ◆◆◆ Easy Air
- ◆◆ Wild Orange
- ◆◆◆ Lime

### WAKE UP BUTTERCUP

- ◆◆ Juniper Berry
- ◆◆◆◆ Wild Orange
- ◆◆◆◆ Grapefruit

### GET UP AND GO!

- ◆ Elevation
- ◆◆ Lime
- ◆◆ Motivate

### YOU'VE GOT THIS

- ◆ Peppermint
- ◆ Lavender peace
- ◆◆ Motivate

### MID-AFTERNOON PICK ME UP

- ◆◆◆ Wild Orange
- ◆◆◆ Peppermint

### CELEBRATE GOOD TIMES

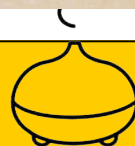
- ◆◆ Bergamot
- ◆◆ Frankincense
- ◆◆ Elevation

### GO GET 'EM!

- ◆◆ Balance
- ◆◆ Passion
- ◆◆ Citrus Bliss



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# Calming Blends

# Calming

## DIFFUSER BLENDS

### OCEAN WAVES

- Lavender
- Lime
- Spearmint

### STAYCATION

- Balance
- Bergamot

### CEDAR DAWN

- Cedarwood
- Elevation
- Cinnamon

### MORNING MEDITATION

- Bergamot
- Wild Orange
- Elevation

### CALM AND UPLIFT

- Coriander
- EPeppermint
- Balance

### INHALE & EXHALE

- Juniper Berry
- Grapefruit
- Douglas Fir

### STRESS LESS

- Vetiver
- Lavender
- Balance

### RELAX & REFRESH

- Lemon
- Lavender
- Rosemary

