Green Plantation

FREE DOWNLOAD

Diffuser Blends

16 essential oil blends for every time of day and season

Each blend is for a diffuser with a 100 ml tank, i.e. 5 drops in total. For a larger tank, increase the drops proportionally (200 ml = 8 drops, 300 ml = 10 drops). The blends are fragrance combinations for a pleasant atmosphere at home.

Fresh mornings

Morning citrus

- 3 drops lemon
- 2 drops peppermint

Citrus garden

- 2 drops orange
- 2 drops grapefruit
- 1 drop bergamot

Desk time

- 2 drops rosemary
- 2 drops lemon
- 1 drop peppermint

Spring meadow

- 3 drops grapefruit
- 2 drops lavender

Cosy evenings

Lavender evening

- 3 drops lavender
- 2 drops orange

Soft night

- 2 drops lavender
- 2 drops cedarwood
- 1 drop ylang-ylang

Warm evening

- 2 drops ylang-ylang
- 2 drops bergamot
- 1 drop orange

Tea time

- 2 drops bergamot
- 2 drops lavender
- 1 drop cedarwood

Forest and nature

Pine forest

- 2 drops fir
- 2 drops pine
- 1 drop cypress

Mountain cabin

- 2 drops cypress
- 2 drops juniper
- 1 drop cedarwood

Mediterranean

- 2 drops myrtle
- 2 drops lemon
- 1 drop rosemary

After the rain

- 2 drops eucalyptus
- 2 drops lavender
- 1 drop lemon

Winter and Christmas

Winter evening

- 2 drops orange
- 1 drop cinnamon
- 1 drop clove
- 1 drop fir

Gingerbread

- 2 drops orange
- 1 drop cinnamon
- 1 drop nutmeg
- 1 drop ginger

Christmas tree

- 3 drops fir
- 2 drops orange

Fresh home

- 2 drops lemon
- 2 drops lavender
- 1 drop tea tree

Making your own blends

- Combine no more than 3–4 oils. One should be the main note (2–3 drops), the others supporting.
- Oils from the same group work well together: citrus, conifers, florals, spices.
- Dose strong oils (cinnamon, clove, ylang-ylang, peppermint) one drop at a time.
- Try a new blend on a paper strip first; you will know the scent without filling the diffuser.

> Diffuse for 30–60 minutes and then take a break, airing the room. Cats, birds and small rodents are sensitive to essential oils: the animal must be able to leave for another room. In the presence of children under 3, during pregnancy and with asthma, consult a doctor.

The blends are fragrance combinations for a home atmosphere, not for therapeutic use. Follow the diffuser instructions and the safety instructions on the oil labels.
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