



# Essential Oil Diffuser Blends

## BREATHE EASY DIFFUSER BLEND

- 2 Drops Eucalyptus Oil
- 2 Drops Lemon Oil
- 2 Drops Peppermint Oil
- 1 Drop Clove Oil
- 1 Drop Lime Oil
- 1 Drop Rosemary Oil

Use during cold and flu season. The oils work together to protect against infection, clear up congestion and support respiratory function.

## IMMUNITY BOOSTING DIFFUSER BLEND

- 3 Drops Lemon Oil
- 3 Drop Clove Oil
- 2 Drop Eucalyptus Oil
- 1 Drop Rosemary Oil

Every oil is an antimicrobial and works well in a room full of friends.

## COLD REMEDY DIFFUSER BLEND

- 3 Drops Cypress Oil
- 2 Drops Lemon Oil
- 4 Drops Eucalyptus Oil
- 5 Drops Rosemary Oil
- 4 Drops Peppermint Oil

Rosemary will calm aches/pains while relieving nausea. Eucalyptus and peppermint ease congestion. Cypress helps calm coughing and lemon helps with fatigue. This essential oil blend is a sure cold buster.