






# Making your own essential oil diffuser blends is as **easy as 1, 2, 3.**

## 1. Pick your purpose.

Essential oil aromas affect your atmosphere. When creating a diffuser blend, start with this basic question: how do I want my environment to feel?

## 2. Choose your oils.

Next, choose between two and five essential oils for your diffuser blend. Every essential oil has a unique aroma, so you can mix and match scents to customize your experience. Here is a quick cheat sheet for choosing your essential oil aroma:

-  **Citrus:** uplifting, bright
-  **Floral:** soft, calming
-  **Wood:** earthy, grounding
-  **Herbal:** invigorating, clear
-  **Spice:** warm, sharp

## 3. Decide your amounts.

Hold the bottles of the essential oils you've chosen to your nose and breathe in deeply. What aromas do you want to highlight in your blend? Which do you want to play a more subtle role? Add more drops of the oils you want to emphasize and fewer of those you don't. Try using between one and four drops of each essential oil.

Did you know you can do more than just diffuse your essential oils? Scan this QR code to learn more about the different ways you can use your essential oils safely and effectively.



# Your purchase **changes lives.**

The mission of dōTERRA® is to change the world one drop at a time. When you buy from dōTERRA, you are supporting sustainable sourcing practices that help communities around the globe.

# Take your essential oil use to the next level. **Try these products!**



**Deep Blue® Rub**  
Infused with Deep Blue essential oil, this topical lotion brings a cooling and warming comfort to desired areas.



**dōTERRA On Guard® Cleaner Concentrate**  
The ultimate natural cleaner, this non-toxic cleaner concentrate can be used throughout your entire home.



**dōTERRA On Guard® Mist**  
Take the benefits of the dōTERRA On Guard blend wherever you go with this hand-cleansing travel spray.

\*Use instructions and appropriate cautions are included on individual essential oil labels.

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# dōTERRA® Aroma Essentials Collection



# Introducing your aromatic essentials.

Transforming your environment with essential oils has never been easier. With dōTERRA®, you can be confident that your products are pure and potent, ethically sourced, and safe to use for the whole family.

Diffusing essential oils is simple.

- ◆ Add water and four or five drops of essential oil to your diffuser.
- ◆ Depending on your preference, add more or less essential oil.
- ◆ Press the “on” button and enjoy the aromatic benefits anytime, day or night.



dōTERRA On Guard® | 5 mL  
Aroma: warm, spicy, refreshing



Wild Orange | 5 mL  
Aroma: bright, citrusy, sweet



Peppermint | 5 mL  
Aroma: minty, clearing, cooling



Citrus Bloom® | 5 mL  
Aroma: sweet, uplifting, tangy



dōTERRA Balance® | 5 mL  
Aroma: grounding, meditative, tranquil



Northern Escape™ | 5 mL  
Aroma: crisp, soothing, piney

For more ideas, tips, and instructions about using your new products, visit [doterra.com/US/en/aroma-essentials](https://doterra.com/US/en/aroma-essentials). Learn how you can have wellness and free dōTERRA products delivered to your door each month.



# Transform your life with natural, nontoxic products.



dōTERRA Serenity® | 5 mL  
Aroma: calm, soothing, gentle



dōTERRA Breathe® | 5 mL  
Aroma: invigorating, clear, airy



Adaptiv® | 5 mL  
Aroma: centering, sweet, calming



dōTERRA Cheer® | 5 mL  
Aroma: bright, sunny, uplifting

Laluz™ Diffuser  
Sleek essential oil diffuser

- Create the aromatic environment of your choosing in the office or home

## Get creative!

Looking for other ways to make the most of your new, beautiful aromas? Here are a couple of suggestions to get you started.



**Bath**

Mix three to four drops of the oil of your choice with a ¼ cup of Epsom salts and add them to a warm bath. Soak away the day as you enjoy the aroma.  
Try: dōTERRA Serenity®, dōTERRA Balance®, Adaptiv®



**Steam Inhalation**

Add one to two drops of the oil of your choice to a steaming mug or bowl of hot water, cup your hands around the rim, and breathe in deeply.  
Try: Peppermint, dōTERRA Breathe®, dōTERRA On Guard®



**Linen Mist**

In a 30 mL amber spray bottle, add 10 or more drops of the oil of your choice and top off with water. Optionally, add ¾ tablespoon witch hazel.  
Try: dōTERRA Cheer®, Citrus Bloom, Northern Escape™, dōTERRA Serenity



**Air-Freshener**

Place one to three drops of the oil of your choice to a cotton ball and place in a closet, drawer, car or any other place in need of freshening.  
Try: Peppermint, Adaptiv, dōTERRA Cheer, Wild Orange



**Foot Massage**

Add a few drops of the oil of your choice to a small amount of Fractionated Coconut Oil or unscented lotion and massage into the bottoms of your feet.  
Try: dōTERRA Balance, Northern Escape, dōTERRA On Guard



**Breathe From Your Hands**

Add one to two drops of your oil of choice to your palm. Rub your hands together, cup them over your nose, and take three deep breaths.  
Try: Peppermint, Adaptiv, dōTERRA Breathe