Your Ultimate Diffuser Blend Guide: 100 Diffuser Blend Ideas
Among the world’s most vital elements, the air you breathe gives you life. Though you constantly breathe it in, letting it sift through your body to power your cells, not all forms of oxygen are the same. The quality of your air could harm you through pollutants and other toxins. On the flip side, clean air and pure aromas have the power to transform the world around you.

From invigorating and uplifting to soothing and serene, essential oils feature a wide variety of aromas. With dozens of possible combinations, you can truly transform any space with just a few drops. No matter who you are, where you live, or what kind of aromas you prefer, you can benefit from diffusing essential oils.

Diffusing is a safe, effective way to enjoy essential oils. Creating diffuser blends is a wonderful, fun way to enjoy a unique aromatic experience, while also benefiting from multiple essential oils. Your personalized diffuser blends will help you fall in love with your products all over again.

This eBook includes dozens of diffuser blends for every occasion. No matter how your day is going, you can enhance the space around you with the perfect blend. And these blends are only the beginning! Try a few, and you might come up with new ones of your own.
How to Create Your Own Blends

Here are a few tips to make personalized diffuser blends easier for you!

Creating blends is both an art and science: choose essential oils that complement each other so one essential oil doesn't drown out another.

Complementary essential oil categories:
- Citrus, floral, and minty
- Minty and spicy
- Woodsy and citrus
- Herbaceous, woodsy, and minty
- Woodsy and floral

Key scent rules:
- Woodsy and floral scents combine well with almost every other essential oil category.
- Spicy and herbaceous oils should be used moderately, for they can quickly overpower other aromas. Try blending small amounts with citrus or floral scents.
- Minty scents can also be overpowering. Blend them with sweet or mellow woodsy and citrus products.
Ready to get started? Your new favorite diffuser blends are waiting!

Essential oil categories:

- **Camphorous**: Obtained from the wood and bark of camphor trees, these aromatic compounds are fresh and invigorating. Find them in Deep Blue® and dōTERRA Breathe®.

- **Citrus**: These cheery essential oils come from your favorite citrus plants, including Grapefruit, Lemon, Lime, and Wild Orange. Find them in Citrus Bliss®, Citrus Bloom®, and Adaptiv®.

- **Earthy**: Though all essential oils are derived from the earth, this category includes those that smell like the earth—reminiscent of a forest. Find them in Clary Sage, Douglas Fir, and Cedarwood.

- **Floral**: Derived from flowers, these essential oils are expansive and versatile. Favorites include Lavender, Geranium, Roman Chamomile, Ylang Ylang, and Rose.

- **Herbaceous**: Pulled from herbs, these essential oils are sharp and distinct. Favorites include Basil, Rosemary, Coriander, and Marjoram.

- **Minty**: These cooling essential oils are a subcategory of herbs, but they offer a fresher and more versatile scent. They include Spearmint and Peppermint.

- **Spicy**: Spicy essential oils are loud and potent. They include Cinnamon Bark, Cassia, Turmeric, Black Pepper, and Celery Seed.

- **Woodsy**: These essential oils are grounding and blend well with most categories. Favorites include Cypress, Siberian Fir, Sandalwood, and Frankincense.
## Diffuser Blends with Calming Aromas

<table>
<thead>
<tr>
<th>Press Pause</th>
<th>Attitude of Gratitude</th>
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<tr>
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<tr>
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<td>☄️ Cinnamon Bark</td>
<td>☄️ Cinnamon Bark</td>
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<tr>
<th>Recharge</th>
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<tr>
<td>☄️ Lavender</td>
<td>☄️ dōTERRA Breathe®</td>
<td>☄️ Lavender</td>
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<tr>
<td>☄️ Roman Chamomile</td>
<td>☄️ Eucalyptus</td>
<td>☄️ Roman Chamomile</td>
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<tr>
<td>☄️ Vetiver</td>
<td>☄️ Arborvitae</td>
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<tr>
<td>☄️ Frankincense</td>
<td>☄️ Bergamot</td>
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<td>☄️ Lavender</td>
<td>☄️ Clary Sage</td>
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<tr>
<td>☄️ Arborvitae</td>
<td>☄️ Girlish</td>
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<tr>
<td>☄️ Lemongrass</td>
<td>☄️ Girlish</td>
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</table>
Diffuser Blends with Uplifting Aromas

**Dream Big**
- 🍉 Grapefruit
- 🍊 Bergamot
- 💧 Peppermint

**Jump for Joy**
- 🌸 Lavender
- 💧 Ylang Ylang
- 🍊 Wild Orange

**As Good as It Gets**
- 🌸 Lavender
- 💧 Lime
- 💧 Spearmint
- 🍊 Grapefruit

**Fresh and Clear**
- 🌴 Douglas Fir
- 💧 Lemon

**Sunny Days Ahead**
- 🌴 dōTERRA Cheer®
- 💧 Lemon
- 🍊 Grapefruit

**Orange You Glad**
- 🌴 Cedarwood
- 💧 Lemongrass
- 🍊 Wild Orange

**Zen**
- 🍉 Grapefruit
- 🍊 Bergamot
- 💧 Lime
- 🌳 Ginger
- 🌳 Sandalwood

**Balance and Bliss**
- 🌴 dōTERRA Balance®
- 🌴 Citrus Bliss®
- 💧 Siberian Fir
- 🌳 Rosemary

**Glass Half Full**
- 🌴 Bergamot
- 🍊 Wild Orange
- 💧 Eucalyptus

**Seize the Day**
- 🍉 Lime
- 🍊 Grapefruit
- 🌳 Clary Sage
- 🌳 Coriander
- 🌳 Cedarwood
Occasion

A waft of pine and cranberry quickly evokes holiday spirit. Scent forms pathways in the brain that link events to memories. Try these special occasion blends and celebrate good times.

These are the perfect blends to diffuse when hosting a holiday, birthday, or just-because party!

<table>
<thead>
<tr>
<th>Cupid</th>
<th>Love Potion</th>
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<tbody>
<tr>
<td>Sandalwood</td>
<td>Juniper Berry</td>
<td>Tangerine</td>
</tr>
<tr>
<td>Ylang Ylang</td>
<td>Lime</td>
<td>Wild Orange</td>
</tr>
<tr>
<td>Cinnamon Bark</td>
<td>Clary Sage</td>
<td>Fennel</td>
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<table>
<thead>
<tr>
<th>Apple Cider</th>
<th>Give Thanks</th>
<th>Happy Harvest</th>
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<tbody>
<tr>
<td>Wild Orange</td>
<td>Madagascar Vanilla</td>
<td>Ginger</td>
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<tr>
<td>Ginger</td>
<td>Frankincense</td>
<td>Cassia</td>
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<tr>
<td>Cinnamon Bark</td>
<td>Tangerine</td>
<td>Clove</td>
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<table>
<thead>
<tr>
<th>Home for the Holidays</th>
<th>'Tis the Season</th>
<th>Gingerbread Man</th>
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<tbody>
<tr>
<td>Tangerine</td>
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<td>Madagascar Vanilla</td>
</tr>
<tr>
<td>Wild Orange</td>
<td>Cassia</td>
<td>Ginger</td>
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<td>Cinnamon Bark</td>
<td>Wild Orange</td>
<td>Cinnamon Bark</td>
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<td></td>
<td>Clove</td>
<td>Clove</td>
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<tr>
<td>Blend Name</td>
<td>Blends</td>
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<td>------------------------------------------------------------------------</td>
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<tr>
<td>Auld Lang Syne</td>
<td>Bergamot, Frankincense, Tangerine, Lavender</td>
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<tr>
<td>Weekend Warrior</td>
<td>dōTERRA Balance®, Lime</td>
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</tr>
<tr>
<td>Birthday Cake</td>
<td>dōTERRA Cheer®, Wild Orange, Spearmint</td>
<td></td>
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<tr>
<td>Brunching Besties</td>
<td>Wild Orange, Black Pepper, Ylang Ylang</td>
<td></td>
</tr>
<tr>
<td>Fireworks</td>
<td>Juniper Berry, Bergamot, Grapefruit, Ylang Ylang</td>
<td></td>
</tr>
<tr>
<td>Three Cheers</td>
<td>Clary Sage, Juniper Berry, Grapefruit</td>
<td></td>
</tr>
<tr>
<td>Make a Wish</td>
<td>Madagascar Vanilla, Lemon, Ylang Ylang</td>
<td></td>
</tr>
<tr>
<td>Stars and Stripes</td>
<td>dōTERRA Balance®, Lavender, Wild Orange</td>
<td></td>
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<tr>
<td>Celebration</td>
<td>Siberian Fir, Grapefruit, Ylang Ylang</td>
<td></td>
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<tr>
<td>Bride to Be</td>
<td>Lavender, Wild Orange, Sandalwood</td>
<td></td>
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</tbody>
</table>
Home
Sweet Home

If you stepped blindfolded into your childhood home, could you guess where you were? What about your grandma’s home? Home signals your brain that you’re safe. It’s also a place of sanctuary, rest, and familial love. Find your signature blend or rotate regularly through these combinations to create a personalized feeling.

Laundry Day
- Purify
- Tangerine
- Spearmint

Man Cave
- Siberian Fir
- Cedarwood
- Cypress

Come on In
- Grapefruit
- Lavender
- Peppermint

Anthropossibility
- Grapefruit
- Wild Orange
- Geranium

Home Body
- abōde®
- Lime
- Lavender

Staycation
- Lime
- Wild Orange
- Lemongrass
- Geranium
<table>
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<tr>
<th>Activity</th>
<th>Blend Details</th>
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<tbody>
<tr>
<td>Work from Home</td>
<td>- Cedarwood&lt;br&gt; - Lemon&lt;br&gt; - Cinnamon Bark</td>
</tr>
<tr>
<td>Date Night In</td>
<td>- Wild Orange&lt;br&gt; - Ylang Ylang&lt;br&gt; - Cedarwood&lt;br&gt; - Iliahi (Hawaiian Sandalwood)</td>
</tr>
<tr>
<td>Back to School</td>
<td>- Wintergreen&lt;br&gt; - Arborvitae&lt;br&gt; - Bergamot&lt;br&gt; - Peppermint</td>
</tr>
<tr>
<td>After-School Snack</td>
<td>- Madagascar Vanilla&lt;br&gt; - Frankincense&lt;br&gt; - Tangerine</td>
</tr>
<tr>
<td>Late-Night Chat</td>
<td>- Wild Orange&lt;br&gt; - Cinnamon Bark&lt;br&gt; - Lemon&lt;br&gt; - Clove</td>
</tr>
</tbody>
</table>
The aromas of essential oils can promote a more restful environment. They can also create an uplifting space to help you get going in the morning. Try these diffuser blends to build the atmosphere of your dreams.

### Spa Dreams
- Rosemary
- Lavender
- Lime
- Ylang Ylang

### Dream a Little Dream
- Lavender
- Cedarwood
- Wild Orange
- Ylang Ylang

### Lullaby
- Lavender
- Frankincense
- Adaptiv®

### Snoozy Sunday
- Juniper Berry
- Bergamot
- Vetiver

### Rise and Shine
- Cedarwood
- Sandalwood
- Cinnamon Bark
- Tangerine

### Let It Go
- dōTERRA Serenity®
- Frankincense
- Lime
Serene Sister
- Juniper Berry
- dōTERRA Serenity®
- Cedarwood

Be Chill
- Clary Sage
- Lavender
- Vetiver

Sunset
- dōTERRA Serenity®
- Wild Orange
- Citrus Bliss®

Moon and Stars
- Lavender
- Cedarwood
- Wild Orange
- Ylang Ylang

Yin and Yang
- Lavender
- dōTERRA Balance®
- Vetiver

Sleepy Thyme
- Thyme
- Marjoram
- Lavender
Children

Children are incredibly aware of their surroundings, especially when it comes to smell. Diffusing the same scent every evening can signal bedtime for babies and children. Diffusing uplifting scents when your kids wake up can help smooth out their morning routine. Whether you’re diffusing in the nursery, your kids’ bedrooms, or a family room, you can prepare your children for the day (or the night).

Here are other ideas for incorporating scents into your child’s routine:

- Use dōTERRA Serenity® Linen Mist to spritz sheets, pillows, and bedding before sleep.
- Use abōde® Laundry Pods when washing bedding or stuffed animals for a lovely, comforting aroma.
- Use the pilot® Portable Diffuser to diffuse your favorite essential oils in the car.

<table>
<thead>
<tr>
<th>Wind Down</th>
<th>Night Night</th>
<th>Smarty Pants</th>
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<tbody>
<tr>
<td>Cedarwood</td>
<td>Frankincense</td>
<td>dōTERRA Cheer®</td>
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<tr>
<td>Lavender</td>
<td>Lavender</td>
<td>Grapefruit</td>
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<tr>
<td></td>
<td></td>
<td>Wild Orange</td>
</tr>
<tr>
<td>Little Superheroes</td>
<td>Fruity Bunch</td>
<td>Tiny Hands</td>
</tr>
<tr>
<td>Tea Tree</td>
<td>Lemongrass</td>
<td>Lime</td>
</tr>
<tr>
<td>Wild Orange</td>
<td>Grapefruit</td>
<td>Tangerine</td>
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<tr>
<td>Lemon</td>
<td>Bergamot</td>
<td>Cedarwood</td>
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<tr>
<td>Peppermint</td>
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</tbody>
</table>
**Imagination Station**
- Wild Orange
- Eucalyptus
- Fennel

**Bêbe**
- Tangerine
- Marjoram
- Copaiba

**Nesting in the Nursery**
- dōTERRA Serenity®
- Ylang Ylang
- Cedarwood

**Bubble Gum**
- Arborvitae
- Lemongrass
- Wintergreen

**Splish Splash**
- Lavender
- Geranium
- Copaiba

**Terrific Twos**
- dōTERRA Balance®
- dōTERRA Console®
- Lavender
**Seasons**

Welcome a new season into your home with a new diffuser blend. It can keep you feeling fresh as you start your spring cleaning, help you tackle a busy summer day with the kids, or create the perfect ambiance as you snuggle up with a book on a chilly autumn or winter night.

With the earth’s pure, natural scents, you can invite the feeling of each season into your space.

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### Winter

<table>
<thead>
<tr>
<th>Winter Respite</th>
<th>Frosted Forest</th>
<th>Winter Moon</th>
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<tbody>
<tr>
<td>🍊🍊🍊 Wild Orange</td>
<td>🍊🍊🍊🍊 Douglas Fir</td>
<td>🍊🍊🍊 Citrus Bliss®</td>
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<tr>
<td>🍊🍊🍊🍊 Cedarwood</td>
<td>🍊🍊🍊 Cypress</td>
<td>🍊🍊 Juniper Berry</td>
</tr>
<tr>
<td>🍊🍊🍊🍊 Cassia</td>
<td>🍊🍊 Cedarwood</td>
<td>🍊🍊 Frankincense</td>
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<th>Warm and Cozy</th>
<th>Snowy Morning</th>
<th>Alpine Air</th>
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<tr>
<td>🍊🍊🍊 Cinnamon Bark</td>
<td>🍊🍊 Eucalyptus</td>
<td>🍊🍊 Cedarwood</td>
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<tr>
<td>🍊🍊🍊🍊 Wild Orange</td>
<td>🍊🍊 Peppermint</td>
<td>🍊🍊 Cypress</td>
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<tr>
<td>🍊🍊🍊 Clove</td>
<td>🍊🍊 Wild Orange</td>
<td>🍊🍊 Juniper Berry</td>
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<tr>
<th>Citrus Ice</th>
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<tbody>
<tr>
<td>🍊🍊 Citrus Bliss</td>
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<tr>
<td>🍊🍊 Spearmint</td>
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<tr>
<td>🍊🍊 Bergamot</td>
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# Spring Diffuser Blends

## Rainstorm
- 🌬️ Eucalyptus
- 🍋 Lemon
- 🌿 Lemongrass

## Spring Zing
- 🍋 Lime
- 🍊 Grapefruit
- 🍊 Tangerine
- 🌿 Spearmint

## Spring Blossoms
- 🌸 Wild Orange
- 🌿 Ginger
- 🌿 Ylang Ylang

## Wildflowers
- 🌿 Lavender
- 🌿 Cedarwood
- 🌿 Bergamot
- 🌿 Patchouli
- 🌸 Wild Orange

## Garden Stroll
- 🍋 Lemon
- 🌿 Tea Tree
- 🌿 Peppermint

## Rainbow Mist
- 🌸 Wild Orange
- 🍊 Grapefruit
- 🍋 Lemon
- 🌿 Bergamot

## Blue Skies and Butterflies
- 🌿 Frankincense
- 🌿 Siberian Fir
- 🍊 Tangerine
- 🍋 Lemon
## Summer

### Lazy Summer
- Lime
- Grapefruit
- Cedarwood

### Citrus Pop
- Lime
- dōTERRA Cheer®
- Wild Orange

### Summer Vibes
- Spearmint
- Lavender
- Lime
- Helichrysum
- Peppermint

### Lemonade Stand
- Lemon
- Basil
- Spearmint

### Mountain Air
- Bergamot
- Wintergreen
- Siberian Fir

### Ocean Breeze
- Lime
- Lavender
- Spearmint

### Summer Solstice
- Lemongrass
- Wild Orange
- Peppermint
## Fall

<table>
<thead>
<tr>
<th>Crunchy Leaves</th>
<th>Harvest Moon</th>
<th>Warm Welcome</th>
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<tbody>
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<td>Cedarwood</td>
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<tr>
<td>Black Spruce</td>
<td>Cardamom</td>
<td>Cassia</td>
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<td>Grapefruit</td>
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<tr>
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<thead>
<tr>
<th>Cinnamon Crisp</th>
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<tbody>
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<tr>
<td>Cassia</td>
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Conclusion

Limitless Possibilities

Once you learn how to make diffuser blends and what your favorite essential oils are, the possibilities are limitless! Harness the power of essential oils for your home, your family, and your life.

Do you want more diffuser blend ideas? Follow dōTERRA on Pinterest. We’re always adding new ideas to our Diffuser Blend board!
Have some ideas of your own?

Use the space below for your own custom creations. Share and trade with your friends and family!