

The Art of Diffuser Oil Blends



Diffuser oil blends are all about inhaling. A cold-air diffuser doesn't heat the oil, so all of the therapeutic benefits of [essential oils](#) remain intact as the properties of the oil aren't broken down. To know all the benefits of essential oil recipes, read this article. We've been having so much fun experimenting with recipes for our [diffusers](#), and I'm sharing some of our favorite essential oil recipes today.

It's well-known that we're all wired so aromas trigger emotions and memories. In fact, the postage stamp-sized olfactory lobe, which is in charge of smell, is also part of the limbic system, which manages emotions and long-term memories. Imagine drifting off in a cloud of aromatic nostalgic happiness while crafting a delightful personal essential oil blend. Doesn't it seem lovely?

Now, let's get started!

Blending essential oils is all about inhaling! For those of you who are brand new to essential oils and aromatherapy, one of the best ways to begin creating personal [fragrances](#) is by experimenting with combining essential oils that you love from the very first inhale.

You can then experiment with using your blends in diffusers, soaps, and room and body sprays. While this is a fun and creative process, blending essential oils is an art and science that takes a bit of skill and knowledge. It's helpful to have a few tools in your toolbox when creating your perfect essential oil blend. [Read full article](#)



Check out Keeper of the Home blog where they showed some awesome tips on how to make diffuser recipes with essential oil in your holiday.

This time of year, the sense of home and [holiday](#) cheer is SO tied in with the smells of the season. We've found some holiday essential oil diffuser recipes and more.

That pumpkin pie baking in the oven...

The smell of hot cocoa rising from your mug after a hike through the snow....

That fresh [Christmas](#) tree scent of a tree that was just brought in from outdoors....

Now, despite the fact that I recently compiled and published a printable guide on how to use essential oils safely, the one thing I know how to do well with essential oils is to enjoy their scents.

And enjoy their scents I do!

So, over the last couple of years, I've played around with various oils to create scent blends that set the mood and make my home feel oh-so-very-cheerful. Today I'm sharing my favorite holiday essential oil diffuser recipes.

If you don't have essential oils but still want to create a super-homey potpourri, either place some homemade mulling spices in some water on the stove (or in a slow cooker).

Or if you're wanting to give potpourri as a simple gift, consider this simple homemade potpourri or this Orange-Cranberry Potpourri. The orange-cranberry variety is my absolute favorite potpourri blend, hands-down. These recipes are super-simple and heartfelt gifts just right for this time of year. [Read full article](#)

Recommended resources:

[Recipes with Essential Oils](#)
[Essential Oil Bloggers Share Their Favorite Diffuser Blends](#)
[10 Diffuser Blends for the Road](#)

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