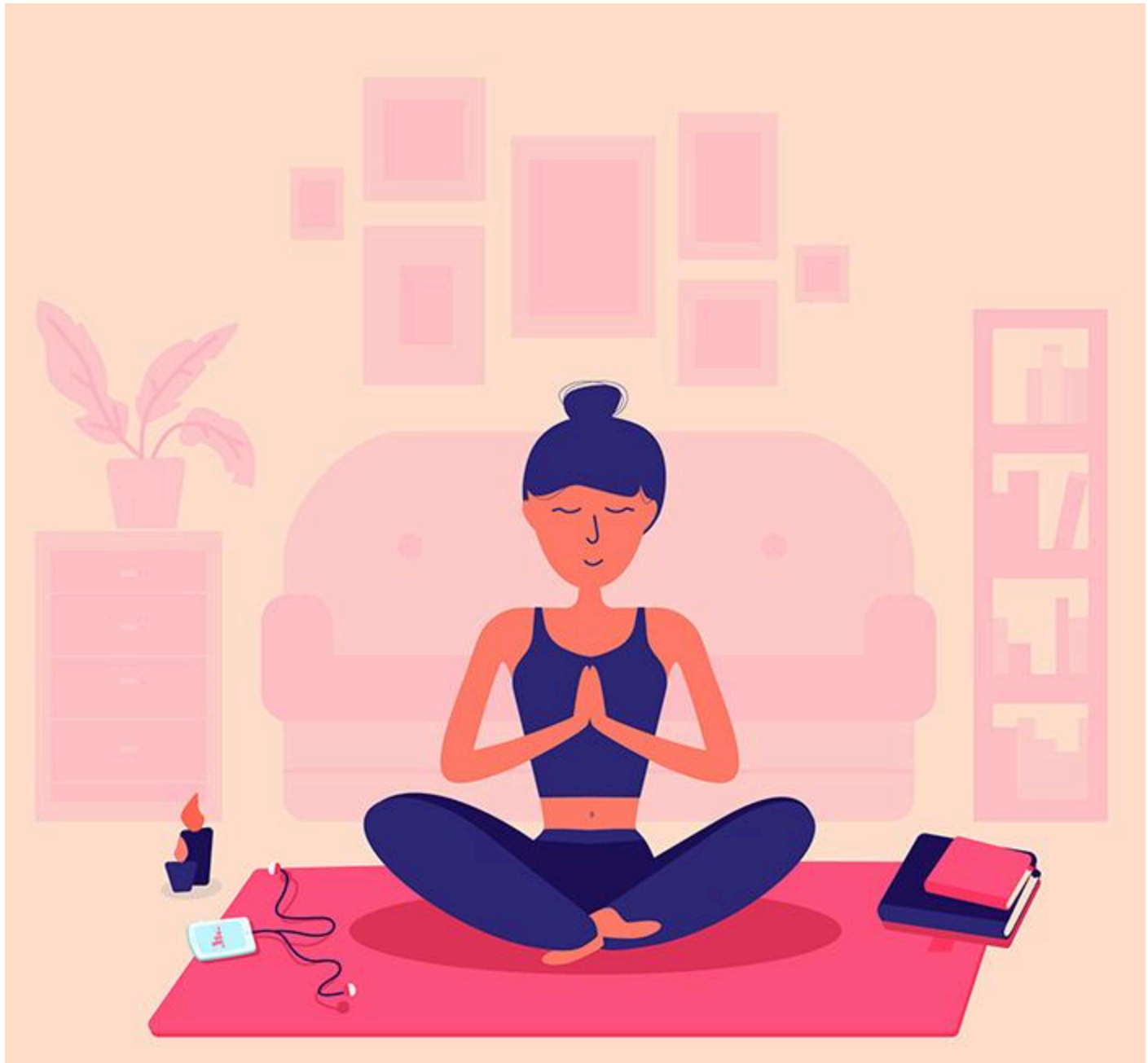


How to Use Oil Diffuser 💎💎💎 The Easy Way

If you are new to diffusing and are wondering how to use an essential oil diffuser, read on. Let's break down the basics of [essential oils](#) before we dive into the numerous benefits of using a diffuser. Diffusing essential oils is one of the most popular and effective ways to enjoy aromatherapy benefits.



What is Essential Oil Diffusion?

Diffusion is any method or device that disperses essential oil molecules into the air. It's the most popular method of using essential oils. There are lots of good reasons to diffuse essential oils into the air:

- add natural [fragrance](#) to a space or set a mood
- kill air born germs
- treat sickness
- help with insomnia
- offer better concentration at work or in school.

Where Can You Diffuse Essential Oils?

Everywhere! I diffuse essential oil at home, in the classroom, my massage room and [car](#).

Essential Oil Diffusion Safety

During diffusion, only a small quantity of oil actually reaches the body, therefore it is relatively safe for everyone – even children. Just watch your choice of oils around children and the elderly as they are more vulnerable to the effects of essential oils. You can diffuse citrus oils safely around practically anyone. [Read full article](#)



Essential oils are organic compounds extracted from plants with tremendous healing properties. Using essential oils for healing purposes is often called aromatherapy, which is a holistic treatment seeking to improve physical, mental and emotional health.

If there is one thing I absolutely love to do as an easy mind-body wellness ritual, it's whipping together a special essential oil blend and using my diffuser as a wonderfully invigorating (or calming) sensory experience. If you're not familiar with essential oils and their many properties, you're in for a treat.

Let's break down the basics of essential oils before we dive into the numerous benefits of using a diffuser. It never hurts to know what exactly you're inhaling or using daily—"The more you know" is a wellness mantra I live by. For starters, essential oils have been used for thousands of years for a slew of diverse health purposes. Various parts of plants such as leaves, roots, resin, flowers, peels and bark are distilled and the oil is then extracted to create a medicinally powerful essential oil.

Essential oils contain the most potent healing byproduct of the plant they're extracted from. Various oils have different properties, but the most common ones are anti-inflammatory, antioxidant and antimicrobial compounds.

Ready to dive into the wonderful world of essential oil [diffusers](#)? Here's six reasons why you

should infuse your home or working space with the wonderful aroma of diffusers. [Read full article](#)

Recommended resources:

[How to Use Essential Oils](#)

[How to Use An Essential Oil Diffuser Like An Expert](#)

[How Essential Oils Became the Cure for Our Age of Anxiety](#)

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