{Just} Everyday Beauty Diffuser Guide

Friend, can I tell you something? I used to be a candle junkie.
The soft light, the warmth, the scent. The entire ambiance brightened my mood.

Then it happened: *I found out how toxic conventional fragrances truly are and I had to make a change. It was time to dig deep and embrace change to lessen my family's toxic load.*

Diffusing essential oils not only can make your home smell lovely but it is one of the ways to use essential oils to their highest benefit: freshening the air and adding an energetic shift at the same time.



I spent some time getting to know my oils and following diffuser blend ideas from others. Before long I was following my intuition and mixing blends for my home. This is one of those areas that feels really hippie dippie at first until you sink into it and appreciate that your body knows what it needs. Until then diffuser guides can be your BFF. I've attempted to name these blends in the energy that they give. For instance the oils in the Open Heart blend are believed to help you open up if you have been feeling closed off.

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{Just} Everyday Beauty Diffuser Blends

Just Everyday Beauty: 2 Patchouli, 2 Clary Sage, 2 Grapefruit, 1 Bergamot

Fresh Morning: 2 Spearmint, 2 Marjoram

Evening Calm: 2 Patchouli, 2 Grapefruit, 1 Bergamot, 1 Clary Sage, 1 Ylang Ylang, 1 Ginger

Tropical Treehouse: 1 Sandalwood, 1 Patchouli, 3 Grapefruit, 3 Lime, 1 Petitgrain, 1 Spearmint

Beach Day: 1 Patchouli, 2 Grapefruit, 1 Ylang Ylang, 1 Lime

Happy Place: 1 Arborvitae, 1 Sandalwood, 1 Patchouli, 2 Bergamot, 3 Grapefruit

Open Heart: 1 Frankincense, 1 Myrrh, 1 Peppermint, 1 Clary Sage

Manly: 2 Cypress, 2 Douglas Fir, 1 Wintergreen, 1 Bergamot

Tropical Vacation: 2 Cypress, 1 Ylang Ylang, 2 Ginger, 2 Bergamot

Apple Picking: 2 Cinnamon, 2 Douglas Fir, 1 Cedarwood, 1 Cardamom, 1 Vetiver

Winter Calm: 3 Peppermint, 1 Ylang Ylang, 1 Douglas Fir

Joyful Sunrise: 3 Peppermint, 1 Tangerine, 1 Wild Orange, 1 Lemon

Spiced Chai: 2 Copaiba, 2 Douglas Fir, 2 Cardamom, 2 Tangerine, 1 Black Pepper

Quiet Clarity: 1 Sandalwood, 3 Patchouli, 2 Bergamot, 2 Ylang Ylang, 1 Coriander

Driftwood: 2 Lime, 2 Copaiba, 1 Iliahi

Beach Evening: 2 Spearmint, 4 Patchouli, 4 Bergamot, 4 Grapefruit, 1 Hawaiian Sandalwood

Tahitian Beach: 2 Clary Sage, 2 Grapefruit, 1 Ginger, 1 Spearmint

Slow Morning: 1 Ylang Ylang, 2 Peppermint, 2 Wild Orange, 2 Grapefruit

Looking Forward: 1 Balance, 1 Cypress, 1 Wild Orange, 1 Douglas Fir

Fresh Christmas: 1 Cedarwood, 1 Wintergreen, 2 Peppermint, 2 Orange, 2 Douglas Fir, 2 Cardamom

Hawaiian Vacay: 2 Cypress, 1 Ylang Ylang, 1 Ginger, 2 Bergamot

Sweet Summer Nights (from doTERRA): 3 Juniper Berry, 2 Grapefruit, 2 Bergamot, 1 Ylang Ylang

Little Princess (my daughter's blend): 1 Clary Sage, 2 Peppermint, 2 Grapefruit, 2 Bergamot

Hippie Queen: 3 Copaiba, 3 Patchouli, 1 Ylang Ylang, 2 Grapefruit

Starry Night: 2 Serenity, 2 Black Pepper, 1 Siberian Fir

Unmasked: 2 Black Pepper, 3 Bergamot, 2 Cypress

Winter's Eve: 3 Siberian Fir, 3 Bergamot, 2 Eucalyptus, 1 Wintergreen

Sunshine: 3 Citrus Bliss, 2 Peppermint

Deep Connections: 1 Tulsi, 2 Ylang Ylang, 1 Clary Sage, 1 Bergamot, 1 Green Mandarin

Naked Moon: 2 Lavender, 2 Sandalwood, 2 Vanilla

Sweet Sleep: 3 Vanilla, 1 Vetiver, 1 Juniper Berry


Slow morning
DIFFUSER BLENDS
COZY COFFEE
1 VETIVER
1 SANDALWOOD
3 VANILLA
STAY IN BED
1 LAVENDER
1 GUIACWOOD
2 BERGAMOT
JOURNALING
2 GRAPEFRUIT
1 PATCHOULI
1 CLARY SAGE
WEEKEND VIBES
1 YLANG YLANG
1 SANDALWOOD
1 PATCHOULI
ALL DAY PJS
2 GREEN MANDARIN
1 LAVENDER
1 BLACK SPRUCE
SLEEP IN
1 VETIVER
3 VANILLA
1 DOUGLAS FIR


Spiced Chai
DIFFUSER BLEND
2 COPAIBA
2 DOUGLAS FIR
2 CARDAMOM
1 TANGERINE
1 BLACK PEPPER


Happy Place
1 Arborvitae
1 Sandalwood
1 Patchouli
2 Bergamot
3 Grapefruit
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Looking Forward
2 Balance
2 Cypress
2 Wild Orange
2 Douglas Fir
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BOHO diffuser blends

Nature's Calm

1 DROP DOUGLAS FIR
1 DROP GREEN MANDARIN
1 DROP CLARY SAGE

Everyday Sweetness

1 DROP YLANG YLANG
1 DROP BERGAMOT
1 DROP PATCHOULI

Painted Sunset

1 DROP YLANG YLANG
1 DROP VANILLA
1 DROP SANDALWOOD

Dreamer

2 DROPS LAVENDER
1 DROP CORIANDER
1 DROP GRAPEFRUIT

Looking for Rainbows

1 DROP LEMON
1 DROP GRAPEFRUIT
1 DROP BERGAMOT

Forever a Hippie

1 DROP GUIACWOOD
1 DROP PATCHOULI
2 DROPS GRAPEFRUIT

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Spring Clean Diffuser Blends
Green Clean
2 DROPS LEMON
1 DROP BASIL
1 DROP PEPPERMINT
Fresh Feeling
3 DROPS LIME
2 DROPS GRAPEFRUIT
1 DROP CORIANDER
Something Sweet
2 DROPS YLANG YLANG
3 DROPS VANILLA
1 DROP SPEARMINT
Bring me Joy
1 DROP ILIAHI
1 DROP LIME
2 DROP VANILLA
Quick Reset
2 DROPS TANGERINE
3 DROPS VANILLA
1 DROP VETIVER
Sparkle & Shine
1 DROP GRAPEFRUIT
1 DROP LAVENDER
1 DROP PATCHOULI
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good morning
DIFFUSER BLENDS
UP AND AT 'EM
1 PEPPERMINT
1 TANGERINE
MORNING FRESH
2 LEMON
1 LAVENDER
GETTING READY
2 SPEARMINT
1 MARJORAM
SWEET MORNING
2 CITRUS BLISS
1 PEPPERMINT
A LITTLE CALM
2 GRAPEFRUIT
1 SHINRIN YOKU
CITRUS SUNSHINE
2 WILD ORANGE
1 LEMON
START STRONG
1 ONGUARD
1 PEPPERMINT
GET GOING
1 MOTIVATE
1 PATCHOULI
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Spring
Diffuser Blends
Lively Floral
2 DROPS LAVENDER
1 DROP GERANIUM
1 DROP LEMON
Citrus Blossom
3 DROPS VANILLA
2 DROPS GRAPEFRUIT
1 DROP TANGERINE
Sweet Dreams
3 DROPS LAVENDER
1 DROP VETIVER
1 DROP JUNIPER BERRY
Everyday Lift
1 DROP LAVENDER
1 DROP PEPPERMINT
1 DROP LEMON
Warm Evening
2 DROPS GREEN MANDARIN
3 DROPS VANILLA
1 DROP SANDALWOOD
Spring Fling
1 DROP VETIVER
1 DROP CINNAMON
2 DROPS PATCHOULI



Don't have a diffuser or essential oils yet?

doTERRA has lovely diffuser options as well as the most beautiful essential oils in the world (in my humble opinion).

Interested in learning more?

Go here >>> https://www.justeverydaybeauty.com/neweos to learn about getting started.