

# 7 DIY Diffuser Blends for the Holidays



## Using Essential Oils for Health and Healing

Diffusing essential oils has many benefits throughout the year but can be especially welcoming during the holiday season. Essential oils can help relieve stress, improve your mood, eliminate odors, and clear away a feeling of stuffiness in the air.

Choose a ready-made blend, like pure haven's holiday diffuser oil or wellness blend diffuser oil, or mix and match to create a new scent. Start with only a couple of drops of each of your favorite essential oils until you find the blend that suits you.

We've come up with seven DIY blends to try this holiday season. Add to 100 ml of water in a diffuser, sit back, and enjoy!

### 1. calm and cozy

- 2 drops lemon
- 2 drops peppermint
- 2 drops lavender

## **2. Christmas bliss**

- 3 drops frankincense
- 3 drops sweet orange
- 2 drops peppermint

## **3. Silent night**

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- 3 drops tranquility
- 3 drops peppermint

## **4. diffuse and chill**

- 3 drops peppermint
- 3 drops sweet orange

## **5. Christmas spirit**

- 2 drops sweet orange
- 2 drops cedarwood
- 2 drops frankincense

## **6. sweet and spicy**

- 2 drops sweet orange
- 2 drops lavender
- 3 drops frankincense

## **7. fresh start**

- 3 drops peppermint
- 3 drops lemon
- 2 drops tea tree

Pure Haven is USDA certified essential oils... to enhance your life.

Need more suggestions for leading a healthier lifestyle with non toxic products? I can help! Here's to a safe, healthy, non toxic new decade!

If you are ready to order products that are amazing and toxic free....., go to my site.

**Questions? Let's schedule time to chat about your needs.**

[www.purehavenessentials.com/jschumacher](http://www.purehavenessentials.com/jschumacher)