### DIFFUSER BLENDS



DIFFUSER BLENDS

and helpful tips

#### BENEFITS OF DIFFUSING

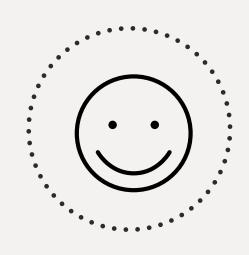
#### ESSENTIAL OILS



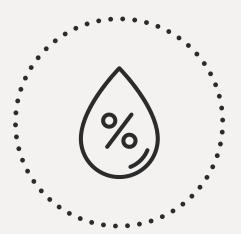
Naturally Scent Home



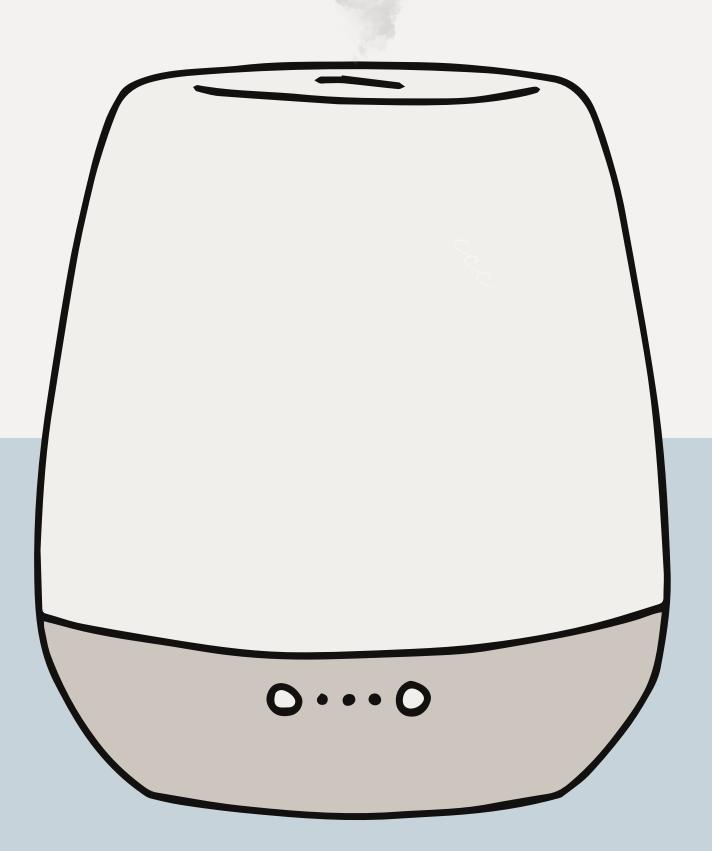
Promotes
Feelings of Calm
+ Peacefulness



**Uplifts Mood** 



Naturally
Cleanses and
Purifies the Air

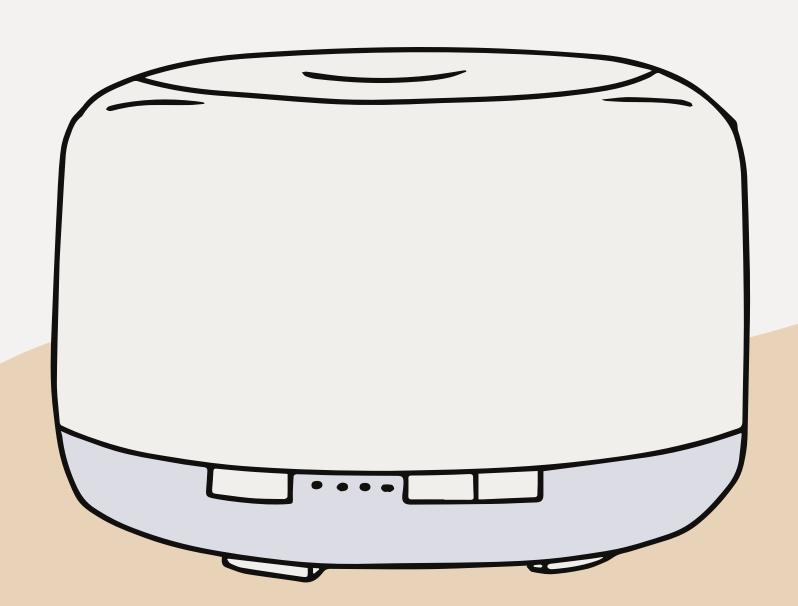




Promotes Focus and Creates Energizing and Positive Space

# HOW TO CLEAN YOUR DIFFUSERS

- Unplug diffuser
- Remove the lid
- Let the lid soak in warm water with a little Abode Dish Soap or On Guard Cleaner Concentrate
- Fill water reservoir with water, a splash of white vinegar, and a few drops of lemon. Let sit for a while and then wipe it out with a paper towel or new Abode microfiber towel



- Use a cotton swab dipped in vinegar to get at corners and hard to reach placed
- Rinse everything with clean water and let dry

# AHELPFUL DIFFUSER TIP

- Take an empty 15mL bottle and remove the orifice reducer.
- Multiply your diffuser blend by
   10 (or more!) and add that many
   drops of each oil to the empty
   bottle.
- Replace the orifice reducer and swirl to blend.
- You're ready to diffuse! Just add the total number of drops to your diffuser!

#### HAPPY MOOD

3 drops Northern Escape

3 drops Wild Orange

3 drops Balance

#### SLEEPY TIME

4 drops Cedarwood3 drops Lavender1 drops Vetiver

#### GOOD VIBES

3 drops Lemon 2 drops Bergamot

2 drops Frankincense

#### RELAX

3 drops Balance 2 drops Serenity

#### CLEAN + FRESH

2 drops Lemon

2 drops Lemongrass

2 drops Purify



# DIFFUSER BLENDS

#### REFRESH THE HOME

3 drops Wild Orange

3 drops Lemongrass

2 drops Peppermint

#### BREATHE EASY

3 drops Breathe

3 drops Lime

#### ENERGY BOOST

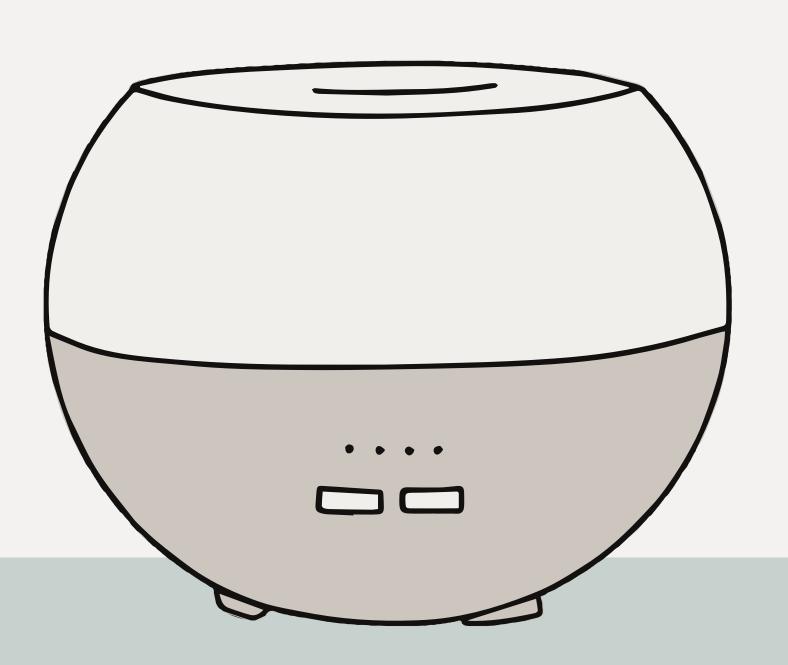
3 drops Peppermint
3 drops Wild Orange

#### STAY HEALTHY

3 drops On Guard 2 drops Arborvitae

#### SUNSHINE

3 drops Citrus Bloom2 drops Balance1 drop Lime



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