

Aromatherapy Inhaler Recipes & Diffuser Blends

Use 1/2 the amount of drops for diffusers. Visit my YouTube Channel for [instructions](#).

Seasonal Respiratory Support

For seasonal or environmental threats

5 drops lemon
5 drops lavender
5 drops peppermint

Immune Booster

Supports healthy body & immune system

3 drops oregano
3 drops tea tree
3 drops lemon
3 drops frankincense
or
15 drops OnGuard blend

Tummy Tamer

Relieves occasional stomach upset

5 drops Digestzen
5 drops peppermint
5 drops lemon

Head Tension Tamer

Relieve head and neck tension

6 drops peppermint
6 drops lavender
3 drops frankincense

Wake Up & Focus

Helps to wake up, stay on task & focus

8 drops peppermint
7 drops wild orange

Curb Cravings

Helps increase satiety and curb food cravings

4 drops cinnamon
4 drops fir
2 drops peppermint
5 drops wild orange

Beat the Binge

Helps reduce sugar cravings

4 drops dill
3 drops fennel
4 drops lavender
4 drops lemongrass

Confidence Booster

Promotes feelings of confidence, courage and self belief

5 drops bergamot
4 drops tangerine
3 drops basil
3 drops clary sage

Liquid Calm

Creates a sense of calm and wellbeing

8 drops Balance blend
7 drops copaiba

Snore No More

Support clear breathing

8 drops Breathe blend
7 drop lavender

Sleepy Time

Promotes relaxation and sleep

15 drops Serenity
Or
8 drops lavender
7 drops copaiba

Memory Boost

Helps you retain and recall information

6 drops frankincense
9 drops peppermint

Motivation

4 drops black pepper
4 drops lime
4 drops wild orange
3 drops copaiba

Be Happy

4 drops Adaptiv blend
2 drops peppermint
2 drops lemon

If you don't have essential oils and are ready to get started, come along with me and I'll walk you through the process of mastering emotional and physical health with essential oils.

StacyPaulsen.com

Stacy Paulsen **LIVE . LIFE . FULLY .**