

# DIFFUSER STICKS

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## SUPPLIES

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Small bottle or vase	3 tablespoons of rubbing alcohol or vodka
20-25 drops of your favorite essential oil	Bamboo skewers or diffuser reeds
1/4 cup of baby oil	small bottle

## PROCEDURE

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Add 1/4 cup of baby oil, or any other unscented or lightly scented oil such as almond, mineral, safflower, or jojoba oil into to a small bowl.

Pour 3 tablespoons of rubbing alcohol that is at least 90% isopropyl or vodka into the bowl. The alcohol helps the scent flow up the diffuser rods.

Add 20 to 25 drops of your favorite essential oil scent to the bowl.

Use a bottle with wider base and smaller opening at the top to prevent less evaporation of the liquid.

Place a funnel into the bottle and pour the essential oil mixture into the vase so that the bottle is 3/4 filled with the scented oil mixture.

Place three to six wooden skewers or reeds into the vase. Diffuser reeds do function better than wooden skewers, but wooden skewers still work and are much more affordable and can be purchased at the grocery store.

Check the liquid, stir and flip the diffuser stick each month. Usually lasts 4-6 months.

If using bamboo skewers cut the pointed end off first.