



Twenty Four **Diffuser Recipes**

Winter Spring Summer Fall

YOUNG LIVING
ESSENTIAL OILS

The
Craftary

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WELCOME

I am so excited to share some of my essential oils knowledge with you.

I'm Neeta, the author and creative designer at thecraftary.com (DIY junkie, really), and your essential oils educator. I provide education on the proper use of essential oils to help others achieve their health and wellness goals. I also design physical and digital products to sell online, create awesome recipes to share, and blog about all of the above.

I am a wife to my handsome, hardworking, and very supportive hubby for nineteen years, mom to five grown-ups, and Grammy to three sweet grandbabies.

After what seemed like a lifetime in the hospitality industry, I became a stay-at-home mom while my husband took a job overseas. Now, my last two babies have graduated high school and started college.

Empty nesters?!? What?!?

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Disclaimer

**Now for the disclaimer. Let's get this out of the way, okay?
(Give it a read, friends.. it isn't as boring as it sounds lol)**

First, I am a Young Living Brand Partner since 2014. This eBook is for education purposes only, but if you have questions about how to purchase essential oils, please message me at hello@thecraftary.com.

The information, thoughts, and opinions expressed here are brought to you by me and only me, and do not reflect the official opinions of Young Living. I am a mom, teacher, researcher, and world changer who is excited about PLANTS, and how they can improve our lives. I want to share my knowledge with you! This knowledge has been obtained by actual scientific studies, independent research, personal usage, trial, and error, and “try 5 more drops and see what happens”. HaHa

The information, including but not limited to, text, graphics, images, and other material contained in this eBook is for informational purposes only. The purpose of this eBook is to promote broad consumer understanding and knowledge of various health topics. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this eBook.

What are essential oils?

What are essential oils? Essential oils, from a practical standpoint, refer to concentrated compounds derived from aromatic plants. These compounds are extracted to preserve the plant's fragrance, taste, and inherent benefits. These potent extracts are sourced from various parts of the plant, such as seeds, flowers, bark, roots, leaves, stems, rinds, fruits, and resin. For instance, in citrus fruits, essential oils are contained within the peel.

There are many who also see essential oils as the essence of a plant, the purest distillation of nature's living energy. These oils have enhanced lives for thousands of years, with new uses and benefits still being discovered today.

When extracted from plants, essential oils generate the distinctive fragrance associated with that plant, alongside other advantageous properties. For instance, plants utilize their oils to allure pollinating insects and deter predators. Following extraction, essential oils typically possess a more potent aroma than their source plants and demonstrate heightened effects due to their concentrated nature.

To experience the potent effects of essential oils, they can be applied topically, often diluted with carrier oils, creams, or lotions. Alternatively, you can enjoy their aromatic benefits by diffusing them throughout your living or workspaces using an essential oil diffuser. Some high-quality oils are even safe for ingestion and can be used to flavor food and beverages. However, it's essential to handle concentrated extracts like essential oils with caution. Always refer to individual labels for usage instructions and consult with your doctor if you're uncertain about using a specific oil.

How To Use Essential Oils

Essential oils can be utilized in three primary ways. First, there's aromatic usage, where you inhale the oil's scent directly from the bottle or via steam or a diffuser. Second, you can apply them topically, but it's essential to dilute them with a carrier oil like olive oil or coconut oil beforehand. For most oils, you can apply a few diluted drops directly to your skin, while others are best added to your favorite lotion, cream, or bath gel. Finally, you can even ingest small amounts of select essential oils to experience both their flavors and benefits.

It is crucial to use essential oils properly to ensure safety and effectiveness. However you use your oils, we recommend you always check the label on how to best apply them. Essential oils are highly concentrated natural extracts located in a plant's seeds, leaves, bark, flowers, roots, stems, rinds and other parts. Distillers of essential oils use various methods to extract these oils that render them even more potent than they were in their respective plants. In such a concentrated form, it's important to know how to use oils safely and what precautions to take.

Conduct a patch test before applying oils topically to check for any adverse reactions, and avoid contact with sensitive areas such as the eyes and mucous membranes. Keep essential oils out of reach of children and pets, and store them in a cool, dark place to maintain their potency. If you're pregnant, nursing, or have any underlying health conditions, consult with a healthcare professional before using essential oils.

Safely Using Essential Oils

Safety is paramount when using essential oils, and the initial step involves selecting a reputable essential oil company.

Due to the potential for contamination or compromise during extraction, it's crucial to ensure the sourcing ethics and practices of the company. Companies adhering to stringent protocols will consistently produce authentic oils, offering you a reliable experience you can trust.

Once you've found an essential oil distributor you can trust, the next safety step will be to dive into the many uses and benefits for each oil you use. Just like with any product you're introducing to your system, you'll want to understand the purpose behind the product you're using, along with recommended application methods. Soon, incorporating essential oils will become second nature!

What Is An Essential Oil Diffuser?

Essential oil diffusers are compact electronic devices available in various shapes and sizes. They work by converting essential oils into a gentle mist, which delicately permeates the room with a purposeful scent. By using diffusers, you can experience the aromatic benefits of essential oils, which can have significant positive effects on both your mind and body. Not only do they enhance your well-being, but they also contribute to creating an inviting ambiance for yourself and your household members.

How To Use An Essential Oil Diffuser

While diffusing essential oils might sound fancy, this luxurious usage method is actually quite simple. All you need is a small cup of water, your essential oil of choice and a diffuser device. The simplicity has made diffusing an essential oil fan favorite, and it is easily accessible for people of all ages.

Using an electronic essential oil diffuser is a simple and enjoyable way to experience the benefits of aromatherapy. To begin, ensure that the diffuser is placed on a stable surface and plugged into a power source. Next, open the water reservoir or tank and fill it with clean, room temperature water up to the indicated fill line. After adding water, add a few drops of your chosen essential oil directly into the reservoir. The number of drops depends on the size of your diffuser and personal preference. Once water and essential oil are added, securely replace the cover of the diffuser. Many diffusers offer various settings, such as continuous operation or intermittent misting, so choose the setting that suits you best. Press the power button or switch to turn on the diffuser, and it should start emitting a fine mist shortly after activation. Sit back, relax, and enjoy the aromatic experience as the diffuser disperses the essential oil mist throughout the room. Remember to monitor the water level in the reservoir and refill it as needed to continue diffusing. Additionally, it's important to clean your diffuser regularly to maintain optimal performance and prevent buildup, following the manufacturer's instructions for cleaning and maintenance. Overall, using an electronic essential oil diffuser is a convenient and effective way to enhance your environment with the soothing scents and therapeutic benefits of essential oils.

Why Use Young Living Essential Oils

Directly from Young Living:

<https://www.youngliving.com/us/en/company/seed-to-seal>

Young Living's Promise & Commitment

For nearly 30 years, we have set the industry standard for delivering the highest quality essential oils on earth. Young Living Founder D. Gary Young developed our five-step Seed to Seal® sourcing standards, insisting on premium quality at every stage. We audit every supplier to make sure they comply with our rigorous criteria and maintain our exacting methods throughout every stage of the process.

Directly from Young Living:

<https://www.youngliving.com/us/en/learn/our-clean-promise>

Young Living's Product Difference

We're passionate about using only the best ingredients that are as health-conscious and environmentally responsible as they are effective. Young Living products will never contain:

- Formaldehyde
- Artificial dyes
- Petroleum
- Mineral oil
- Sulfates
- Parabens



Click the link above to go directly to Young Living to learn more about Young Living.

Winter

On a cold winter day, warm your home up from the inside with these winter diffuser recipes. Get that wintery scent that may remind you of special family traditions or great some great memories all while helping purify your air.

Winter Delight



3 Drops Grapefruit
2 Drops Douglas Fir
2 Drops Frankincense

Chai Latte



4 Drops Cinnamon Bark
4 Drops Light The Fire
2 Drops Clove

Holiday Candy



2 Drops Wintergreen
2 Drops Peppermint
2 Drops Cinnamon Bark
1 Drop Orange

Sugar Cookie



4 Drops Clove
4 Drops Vanilla
4 Drops Tangerine

Winter Blues



2 Drops Bergamot
2 Drops Peppermint
2 Drops Orange

Tree Farm



3 Drops Blue Spruce
2 Drops Pine
2 Drops Cedarwood

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Spring

There are so many wonderful essential oils that are perfect to use during the spring that can lift our spirits and combat allergies. Don't forget about the allergy trio this spring with 3 drops peppermint, 3 drops lavender, and 3 drops lemon.

Sunny Day



2 Drops Bergamot
4 Drops Orange
2 Drops Ylang Ylang

Mojito



2 Drops Lime
2 Drops Grapefruit
2 Drops Tangerine
2 Drops Spearmint

Fresh Flowers



4 Drops Clary Sage
3 Drops Lavender
2 Drops Geranium

Tropical Punch



4 Drops Orange
4 Drops Lime
4 Drops Tangerine

Rainshower



3 Drops Vetiver
3 Drops Lemon

Spring Breeze



3 Drops Lemon
3 Drops Orange
2 Drops Geranium

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Summer

For days when you don't have time to soak in the sun outside, try these summer diffuser blends to pull in the feeling of a sunny day. They're also fantastic to use on a rainy day when you wish it was sunny instead.

Lemonade



2 Drops Basil
4 Drops Lemon
1 Drop Peppermint

Tropical Breeze



4 Drops Bergamot
3 Drops Grapefruit
2 Drops Ylang Ylang

Paradise



2 Drops Orange
3 Drops Sandalwood
2 Drops Grapefruit

Hawaiian Breeze



2 Drops Geranium
2 Drops Lavender
2 Drops Bergamot
2 Drops Jade Lemon

At The Beach



2 Drops Spearmint
2 Drops Tangerine
2 Drops Bergamot

Key Lime Pie



4 Drops Stress Away
3 Drops Lime
2 Drops Lemon

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Fall

The perfect weather to turn on your diffuser. No matter if you're in the mood for something sweet, warm, spicy, relaxing, or comforting, we've got you covered with these fall essential oil recipes.

Apple Pie



2 Drops Clove
2 Drops Ginger
2 Drops Cinnamon Bark
1 Drop Cardamon

Orange Spice



4 Drops Orange
3 Drops Cardamon
2 Drops Ginger

Mulled Cider



3 Drops Orange
2 Drops Cassia
1 Drop Ginger

Snickerdoodle



1 Drop Nutmeg
2 Drops Cinnamon Bark
4 Drops Stress Away

Caramel



3 Drops Lime
3 Drops Copaiba
3 Drops Bergamot
3 Drops Clove

Pumpkin Spice



3 Drops Clove
3 Drops Nutmeg
2 Drops Vanilla
2 Drops Cinnamon Bark
1 Drop Ginger

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We hope you enjoy all of these fabulous aromas in your home! If you have any questions, please feel free to contact us at thecraftary@gmail.com.

Happy Oiling!

Come over to my Facebook [Page](#) and/or [Group](#) and let us know which diffuser recipes you liked best.

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Thank You!

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