

# DIFFUSER RECIPES FOR KIDS

Hey Moms! Have you tried “diffusing the situation”? We know that when you first get started with essential oils it can be tough to know where to start. Check out these “tried and true” member favorites!

## Go To Sleep, Baby

2 drops Lavender  
2 drops Roman Chamomile  
2 drops Marjoram

## Nite Nite, Sweet Dreams

6 drops Dream Catcher  
3 drops Lavender  
2 drops Cedarwood

## Peaceful Night

3 drops of Lavender  
3 drops of Peace & Calming  
2 drops of Copaiba

## A Good Nights Sleep

2 drops Grounding  
2 drops Lavender

## Not Up All Night

4 drops Cedarwood  
4 drops Ravintsara

## Sleepy Time

5 drops Cedarwood  
1 drop Vetiver  
1 drop Lavender

## Changing Seasons

2 drops Peppermint  
2 drops Lemon  
2 drops Lavender

## After School Zone

3 drops Peace & Calming  
3 drops Lime

## Harmonize & Happyize

2 drops Harmony  
2 drops Peppermint  
2 drops Orange

## Freakouts Stop Here

3 drops Peace & Calming  
3 drops Frankincense

## Zen Mode

4 drops Cedarwood  
3 drops Orange

## Homework Helper

6 drops Rosemary  
6 drops Peppermint

## Wellness Wishes

2 drops Lavender  
2 drops RC  
2 drops Tea Tree

## Healthy Home

3 drops Thieves  
2 drops Purification  
2 drops Lemon

## Breathe Easy

3 drops Frankincense  
3 drops Lemon

## Oh Happy Day

2 drops Joy  
2 drops Bergamot  
2 drops Stress Away

## Time to Focus

4 drops Frankincense  
2 drops Peppermint  
2 drops Lemon

## Homeschoolin'

3 drops Clarity  
4 drops Orange

## Super Focus

3 drops Clarity  
2 drops Brain Power  
1 drop Envision

