



AROMA 911

Aromatherapy for every day emergencies,
emergency prevention, and a lifetime of self-care.

DIFFUSER BLEND RECIPES



FEELS LIKE SPRING BUT DEFINITELY STILL WINTER DIFFUSER BLEND IMMUNITY BOOSTERS

STRENGTHEN IMMUNITY, AVOID LATE WINTER COLDS AND EARLY SPRING ALLERGIES.

1. IMMUNE BOOST

FORTIFY YOUR LIFE FORCE

Late Winter is the best time to strengthen your immunity.

2 drops Clove EO (Essential Oil)

6 drops Lemon EO

6 drops Eucalyptus EO

4 drops Rosemary EO



2. NO COLDS FOR ME

KEEP SNIFFLES AWAY

Use all through the Winter to help prevent Spring colds and ease cold symptoms

5 drops Ginger EO

2 drops Tea tree EO

2 drops Tulsi or Basil EO

2 drops Oregano EO



You can also use these 3 blends to do steam-bowl inhalation. Make up the blend and use 2 - 4 drops max. in a steaming bowl with towel over head for fast relief.

3. ALLERGY-FREEDOM

REDUCE DISCOMFORT

Relief for sneezing, itchy eyes, runny/stuffy nose, sinus inflammation, and hay fever.

5 drops Lavender EO

2 drops Frankincense EO

4 drops Peppermint EO

2 drops Chamomile EO

