

# Delightful Diffusions

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## **Balance (Grounding Blend)**

Aromatic Influence—brings a feeling of calmness, peace, and relaxation; can aid in harmonizing the various physiological systems of the body and promote tranquility and a sense of balance; may help balance the body and mind—diffuse wherever and whenever possible

## **Basil**

Scent—herbaceous, spicy, anise-like, camphorous, lively

Aromatic Influence—helps one maintain an open mind and increases clarity of thought; helps with bronchitis, chronic fatigue, infertility, mental fatigue, migraines, sense of smell, ovarian cysts, and viral hepatitis; it is used to clear the mind and relieve intellectual fatigue, while giving clarity and mental strength; it has a beneficial action on the respiratory tract and is often used for asthma, bronchitis and sinus infections.

## **Bergamot**

Scent—sweet, lively, citrusy, fruity

Aromatic Influence—may help to relieve anxiety, depression, stress, and tension; uplifting and refreshing; calms agitation and stress, aids physical energy, is a sedative, and can help with PMS symptoms; Many find the aroma of this oil pleasing and diffuse it to help with anxiety or depression

## **Birch**

Scent—has a clean, sweet, sharp, invigorating, and minty scent; its aroma is similar to wintergreen

Aromatic Influence—influences, elevates, opens, and increases awareness in the sensory system (senses or sensations)

## **Black Pepper**

Scent—spicy, peppery, musky, warm, with herbaceous undertones

Aromatic Influence—it's comforting, energizing and stimulating; helps with addictions

## **Breathe (Respiratory Blend)**

Aromatic Influence—opens and soothes the tissues of the respiratory system; combats airborne bacteria and viruses; excellent for opening the respiratory system when diffused or inhaled and is perfect for nighttime diffusion, allowing for a restful sleep

## **Cassia**

Scent—spicy, warm, sweet

Aromatic Influence—has antibacterial, antifungal and antiviral properties; can help with colds, fevers and flu

## **Gilantro**

Scent—herbaceous, citrusy, fresh

Aromatic Influence—has antibacterial properties; has been used for anxiety and insomnia

## **Cinnamon**

Scent—spicy, warm, sweet

Aromatic Influence—gets rid of airborne bacteria, can aid breathing, gets rid of fungal infections, is a general tonic, stimulates the immune system, prevents mold, supports the pancreas, combats physical fatigue, and can help get rid of pneumonia; since cinnamon is both an emotional and physical stimulant, it can invigorate and help and uplift

## **Citrus Bliss (Invigorating Blend)**

Aromatic Influence—may create an enjoyable aromatic fragrance in the home or workplace; simple diffusion can be achieved by applying a few drops of this blend on a cotton ball and placing it on a desk at work or placing it in an air vent; uniquely exhilarating, uplifting, stress-reducing, sweetly satisfying, elevating, cleansing, disinfecting; diffuse its dreamy aroma for calming, elevating, killing airborne pathogens, and eliminating odors

## **Clary Sage**

Scent—herbaceous, spicy, hay-like, sharp, fixative

Aromatic Influence—can aid in healing an aneurysm, calm emotional stress, aid hormone balance, get rid of infection, aid in infertility issues, relieve insomnia, calm mood swings, and aid in postpartum depression

## **Glove**

Scent—spicy, warming, slightly bitter, woody, reminiscent of true clove buds but richer

Aromatic Influence—may influence healing, improve memory, is mentally stimulating, and can create a feeling of protection and courage; can be used as a disinfectant, treat fungal infections, aid in hormonal balance, cleanse the liver, aid memory, balance metabolism, prevent mold, keep away termites, aid thyroid dysfunction, and treat viral infections; when diffused in to the air in small amounts, clove is a powerful eliminator of airborne microbes

## **Coriander**

Scent—woody, spicy, sweet

Aromatic Influence—is a gentle stimulant for those with low physical energy; also helps one relax during times of stress, irritability and nervousness; may also provide a calming influence to those suffering from shock or fear; The aroma is soothing to some and may be used for its antibacterial properties as well

## **Cypress**

Scent—fresh, herbaceous, slightly woody with evergreen undertones

Aromatic Influence—influences and strengthens and helps ease the feeling of loss; creates a feeling of security and grounding; can help heal an aneurysm, aids circulation, helps with environmental stress, combats influenza, is a lymphatic decongestant, treats pleurisy, treats preclampsia and toxemia, aids those who've suffered from a stroke, can treat tuberculosis

## **Elevation (Joyful Blend)**

Aromatic Influence—uplifting, energetic aroma; can help stimulate the body's chemistry when a person is feeling lethargic or sad; the fragrance of this blend of oils is uplifting, refreshing, and helps promote feelings of self-worth; can help dispel feelings of depression, sorrow and anxiety; any of the diffusion techniques usually offer the most effective technique for depression, fatigue or anxiety

## **Eucalyptus**

Scent—slightly camphorous, sweet, fruity

Aromatic Influence—common primary uses include asthma, brain blood flow, bronchitis, congestion, cooling the body, coughs, diabetes, disinfectant, emphysema, expectorant, influenza, pneumonia, respiratory viruses, rhinitis, sinusitis, and tuberculosis; eucalyptus has long been known by herbal practitioners for its insect repellent properties and associated

maladies such as fevers and respiratory conditions; the antibacterial and antiviral properties make it beneficial in not only treating symptoms but underlying causes as well

## **Fennel**

Scent—sweet, somewhat spicy, licorice-like

Aromatic Influence—increases and influences longevity, courage, and purification; can aid blood clots, offer digestive system support, and pancreas support

## **Frankincense**

Scent—rich, deep, warm, balsamic, sweet, with incense-like overtones

Aromatic Influence—this oil helps to focus energy, minimize distractions, and improve concentration; it eases hyperactivity, impatience, irritability, and restlessness and can help enhance spiritual awareness and meditation; common primary uses include Alzheimer's disease, aneurysm, arthritis, asthma, balance, aging brain, brain injury, breathing, cancer, concussion, confusion, coughs, depression, hepatitis, immune system support, infected wounds, inflammation, liver cirrhosis, Lou Gehrig's disease, memory, mental fatigue, multiple sclerosis, nasal polyp, Parkinson's disease, plague, postpartum depression; ancient ritual usage and modern research confirm that frankincense has relaxing effects on the human body including uplifting mood and heightening awareness

## **Geranium**

Scent—sweet, green, citrus-rosy, fresh

Aromatic Influence—may help to release negative memories and take a person back to peaceful, joyful moments; may help to ease nervous tension and stress, balance the emotions, lift the spirit, and foster peace, well-being, and hope; common primary uses include agitation, airborne bacteria, cancer, diabetes, environmental stress, insomnia, jaundice, pancreas support, paralysis, physical stress, and PMS; it has a pleasing aroma, is uplifting to the mood, and has a calming effect on the nervous system that is pronounced

## **Ginger**

Scent—sweet, spicy-woody, warm, tenacious, fresh, sharp

Aromatic Influence—the aroma may help influence physical energy, love and courage; common primary uses include angina, indigestion, low libido, morning sickness, nausea, vertigo, and vomiting

## **Grapefruit**

Scent—clean, fresh, bitter, citrusy

Aromatic Influence—balancing and uplifting to the mind and may help to relieve anxiety; can help overcome addictions, help with anorexia, can be an appetite suppressant, help with bulimia, is a lymphatic decongestant, aids mental stress, can prevent overeating, calm performance stress, aid PMS symptoms, is slimming and toning, can aid in withdrawal, and is a powerful antidepressant; diffusing can also build immune system and kill pathogens

## **Helichrysum**

Scent—rich, sweet, fruity, with tea and honey undertones

Aromatic Influence—uplifting to the subconscious and may help calm feelings of anger; common uses include aneurysm, bleeding, catarrh, colitis, earache, liver stimulant, phlebitis, stroke, and viral infections

## **Lavender**

Scent—floral, sweet, herbaceous, balsamic, woody undertones

Aromatic Influence—promotes consciousness, health, love, peace, and a general sense of well-being; also nurtures creativity; common uses include agitation, anxiety, appetite loss, arrhythmia, atherosclerosis, calming, cancer, concentration, crying, and depression

## **Lemon**

Scent—sweet, sharp, clear, citrusy

Aromatic Influence—promotes health, healing, physical energy, and purification; its fragrance is invigorating, enhancing, and warming; its pleasant sweet aroma can be uplifting to lighten any mood as well as cleansing to the environment; common uses include air pollution, anxiety, atherosclerosis, brain injury, common colds, concentration, depression, disinfectant, influenza, grief/sorrow, lymphatic cleansing, overeating, pancreatitis, physical energy, postpartum depression, purification, relaxation, stress, throat infection, and uplifting

## **Lemongrass**

Scent—fruity, grassy, lemony, pungent, earthy, slightly bitter

Aromatic Influence—promotes awareness and purification; clears up air pollution and airborne bacteria, can help in treating Grave's disease and Hashimoto's disease, aids in lymphatic drainage, relieves mental fatigue; Diffuse or cup and inhale for help stabilizing emotional trauma

## **Lime**

Scent—sweet, tart, intense, lively

Aromatic Influence—lime oil has a fresh, lively fragrance that is stimulating and refreshing; it helps one overcome exhaustion, depression, and listlessness; when diffused it can reduce fever and treat bacterial infections; combine lime with the Breathe blend for any respiratory condition

## **Marjoram**

Scent—herbaceous, green, spicy

Aromatic Influence—promotes peace and sleep; common uses include arthritis, croup, expectorant, high blood pressure, pancreatitis, physical stress, prolapsed mitral valve; diffuse at the onset of cold and flu or respiratory distress symptoms; marjoram is effective relieving stress and helping insomnia

## **Melaleuca (Tea Tree)**

Scent—medicinal, fresh, woody, earthy, herbaceous

Aromatic Influence—promotes cleansing and purity; common uses include aneurysm, bronchitis, chicken pox, cleansing, common colds, coughs, dry/itchy eyes, influenza, hepatitis, immune system stimulation, infected woods, inflammation, mumps, pink eye, sore throat, tonsillitis, viral infections

## **Melissa (Lemon Balm)**

Scent—delicate, lemony

Aromatic Influence—Melissa has a delicate, delightful, lemony scent that is unique among essential oils, providing a wonderful support to both body and mind; it is calming and uplifting and may help to balance the emotions; melissa is calming and can treat viral infections; Dr. Hill notes five health concerns that benefit from the calming properties of melissa. These are depression, anger, Alzheimer's, dementia, and cognitive impairments. He suggests diffusing melissa essential oil at night.

## **Myrrh**

Scent—warm, earthy, woody, balsamic

Aromatic Influence—promotes awareness and is uplifting; common primary uses include cancer, congestion, Hashimoto's disease, hepatitis, hyperthyroidism, infection, and cirrhosis of the liver; stimulates the immune system and also stimulates blood circulation that can relieve pain

## **On Guard (Protective Blend)**

Aromatic Influence—diffuse this blend of oils periodically for 20-25 minutes at a time to help protect the body against the onset of flu, colds, and viruses; diffuse in rooms to provide immune support and to rid the area of bacteria, viruses, mold, and fungi

## **Oregano**

Scent—herbaceous, sharp

Aromatic Influence—strengthens one's feeling of security; when diffused can help with athlete's foot, fungal infections, immune system stimulation, nasal polyp, plague, pneumonia, and ringworm; use oregano for respiratory ailments such as colds, flu, sore throat, asthma, bronchitis; it can also relieve congestion, loosen phlegm, and quiet coughs; diffuse to for antiseptic and antibacterial purposes

## **Patchouli**

Scent—earthy, herbaceous, sweet-balsamic, rich, with woody undertones; strong and persistent odor elicits both positive and negative responses. Some suggest its heavy, musty odor becomes an acquired taste

Aromatic Influence—sedating, calming, and relaxing, allowing it to reduce anxiety; the heavy musky odor helps many control anxiety or fight depression; aromatically it is also effective with breathing disorders; can reduce fevers, repel mosquitoes and repel termites; Dr. David Hill in discussing the properties of patchouli mentions it having more than 24 sesquiterpenes that allows this essential oil to cross the blood-brain barrier making it a very effective protector of the central nervous system. He also suggests it is effective, in combination with vetiver, for children with ADHD or autism and adults with Alzheimer's or recovering from a stroke.

## **Peppermint**

Scent—minty, sharp, intense

Aromatic Influence—purifying and stimulating to the conscious mind and may aid with memory and mental performance; it is cooling and may help reduce fevers; common primary uses include alertness, antioxidant, asthma, Bell's Palsy, brain injury, chronic fatigue, congestion, cooling the body, endurance, fainting, fever, influenza, headaches, Huntington's disease, hypothyroidism, indigestion, memory, migraines, motion sickness, multiple sclerosis, nausea, olfactory loss, paralysis, rhinitis, shock, sinusitis, throat infection, typhoid, and vomiting

## **Purify (Cleansing Blend)**

Aromatic Influence—several of the oils contained in this blend are well-known and are often used to help remove odors from the air and their powerful abilities to disinfect and to remove harmful microorganisms; this blend is great for air purification when diffused; when illness is in the home, diffuse for one hour and then wait for two hours; diffuse in the office, barn, or garbage areas; put on a cotton ball and place in an air vent to freshen the car; diffuse in living areas and office to kill pathogens and to strengthen the immune system

## **Roman Chamomile**

Scent—fresh, sweet, fruity-herbaceous, apple-like, no tenacity

Aromatic Influence—because it is calming and relaxing, it can combat depression, insomnia, and stress; it eliminates some of the emotional charge of anxiety, irritability, and nervousness; can be used to soothe and clear the mind, creating an atmosphere of peace and patience; common uses include calming, hyperactivity, and insomnia

## **Rose**

Scent—floral, spicy, rich, deep, sensual, green, honey-like

Aromatic Influence—stimulating and elevating to the mind, creating a sense of well-being; its beautiful fragrance is almost intoxicating and aphrodisiac-like; helps to bring balance and harmony with its stimulating and uplifting properties; it is renowned for depression and other forms of emotional distress including post-natal depression

## **Rosemary**

Scent—herbaceous, strong, camphorous, with woody-balsamic and evergreen undertones

Aromatic Influence—stimulates memory and opens the conscious mind; common uses include addictions, antioxidant, arthritis, Bell's Palsy, cancer, chemical stress, diabetes, fainting, fatigue, influenza, headaches, low blood pressure, memory, and sinusitis; use diffusion or other methods of inhalation when treating colds, flu, and as a mind stimulant

## **Sandalwood**

Scent—soft, woody, sweet, earthy, balsamic, tenacious

Aromatic Influence—calms, harmonizes, and balances the emotions; may help enhance meditation; can be used for Alzheimer's disease, confusion, fear, hiccups, laryngitis, Lou Gehrig's disease, meditation, multiple sclerosis, and yoga; diffused it is antibacterial and can help with coughing as a sedative or a calming application

## **Serenity (Calming Blend)**

Aromatic Influence—this relaxing blend contains essential oils that are often used to help calm and soothe feelings of stress, excitement, and anxiety in order to help the body maintain its natural state of health; this blend is perfect for calming the nerves or emotions at the end of a long day or in times of stress—as the body is able to relax, more blood is able to circulate to the brain; diffuse for soothing and calming—it is especially effective if used before bedtime to induce a restful sleep

## **Slim & Sassy (Metabolic Blend)**

Aromatic Influence—this blend of oils is calming to the stomach and uplifting to the mind; Slim & Sassy can be used aromatically by diffusing in your home or personal office space or by simply applying a few drops to the palms, then cupping your hands and breathing deeply for a moment of calm and meditation as you reprogram your body to your new healthy lifestyle

## **TerraShield (Repellent Blend)**

Aromatic Influence—this blend is highly repellent to many flying and crawling insects and bugs—this proprietary blend contains 15 essential oils that have been proven to more effectively repel biting insects than other synthetic repellents

## **Thyme**

Scent—fresh, medicinal, herbaceous

Aromatic Influence—helps energize in times of physical weakness and stress; also thought to aid concentration; is uplifting and helps to relieve depression; common uses include antioxidant, asthma, bacterial infections, blood clots, bronchitis, common colds, croup, fatigue, mold, pleurisy, pneumonia, and tuberculosis; thyme is very effective against fungus and mold when diffused in the general area

## **Vetiver**

Scent—heavy, earthy, balsamic, smoky, sweet undertones

Aromatic Influence—vetiver has a heavy, smoky, earthy fragrance reminiscent of patchouli with lemon-like undertones and has been valuable for relieving stress and helping people recover from emotional traumas and shock; as a natural tranquilizer, it may help induce a restful sleep; can be used to treat ADD/ADHD, aid balance, and repel termites

## **Whisper (Blend for Women)**

Aromatic Influence—the subtle aroma of this blend enhances the aura of beauty, femininity, and allure

## **White Fir**

Scent—fresh, woody, earthy, sweet

Aromatic Influence—creates a feeling of grounding, anchoring, and empowerment; can stimulate the mind while allowing the body to relax; can be used to treat bronchitis and is energizing; white fir diffused can be an airborne antiseptic and is antimicrobial

## **Wild Orange**

Scent—fresh, citrusy, fruity, sweet

Aromatic Influence—orange is calming and uplifting to the mind and body; can help with anxiety, fear, heart palpitations, insomnia, nervousness and withdrawal; wild orange offers one of the most dynamic fragrances of essential oils... the combined, proven antifungal, antibacterial, and antidepressant properties make it one of the most powerful and aromatic oils to use; diffuse wild orange for its effectiveness killing pathogens, and enjoy its incredible aroma while it disinfects and kills bacteria; it is an excellent oil to diffuse in a car during long trips

## **Wintergreen**

Scent—minty, sweet woody odor

Aromatic Influence—influences, elevates, opens, and increases awareness in sensory system

## **Ylang Ylang**

Scent—sweet, heavy, narcotic, cloying, tropical floral, with spicy-balsamic undertones

Aromatic Influence—influences sexual energy and enhances relationships; may help stimulate the adrenal glands; is calming and relaxing and may help alleviate anger; common uses include aphrodisiac, arrhythmia, calming, crying, diabetes, fear, high blood pressure, hormonal balance, hyperpnea, low libido, palpitations, relaxation, sedative, stress, tachycardia, and tension; ylang ylang is very aromatic and its most effective use comes from inhalation or use in a diffuser—it is known to reduce anxiety, be used as an antidepressant, be an aphrodisiac, and to help individuals release anger

### Sources:

- Modern Essentials, Third Edition—published & distributed by Abundant Health, LLC
- [www.EverythingEssential.ME](http://www.EverythingEssential.ME)



Compiled by Elaine Susan Vail  
doTERRA® IPC in Indianapolis, Indiana  
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