



Holiday Diffuser Blends  
from the Aromahead Team



Some amazing diffuser recipes get passed around behind the scenes at Aromahead! Here are a few seasonal favorites from the team that we just had to share with you.

## Ring in the New Year!

These three festive oils can calm your nervous system. Diffuse Ann's blend to get in a happy, relaxed mood as you embark on new beginnings, staying open to self-love and a true appreciation for life!

### ESSENTIAL OILS

- 4 drops Black Spruce Oil (*Picea mariana*)
- 2 drops Sweet Orange Oil (*Citrus sinensis*)
- 1 drop Jasmine Absolute (*Jasminum grandiflorum*)

*"I love the combination of conifer and citrus oils for a healthy start to the New Year. Jasmine's deep floral beauty adds a touch of peace and joy."*

- Ann

Case Study Instructor

## Citrus Forest

Devin's blend has a citrusy conifer scent that's rounded out with a grounding note of patchouli. Use it to get a good night's rest, especially if someone in the house is feeling under the weather—these oils boost immunity!

### ESSENTIAL OILS

- 3 drops Balsam Fir Oil (*Abies balsamea*)
- 3 drops Bergamot Oil (*Citrus bergamia*)
- 2 drops Patchouli Oil (*Pogostemon cablin*)

*"Citrus & conifer oils are my favorite. Plus, sneaking in a little patchouli really rounds out this blend. I like to make it year-round, but find myself coming back to it over and over again during fall & winter."*

- Devin

Creative Director/Videographer

## Winter Sunsets

Katherine's blend is super relaxing and immune boosting! Frankincense and clove bud support clear breathing and protect your respiratory health, while the hint of vetiver calms your nervous system.

### ESSENTIAL OILS

- 3 drops Frankincense Oil (*Boswellia carterii*)
- 2 drops Clove Bud Oil (*Syzygium aromaticum/Eugenia caryophyllata*)
- 1 drop Vetiver Oil (*Vetiveria zizanoides*)

*"A deep and spicy-sweet blend that calls to mind watching the fading colors of a winter day as I tuck into a cozy evening at home."*

- **Katherine**

Case Study Instructor

## Joy to the World

Marissa's blend is bursting with mood-boosting oils! Lime and clove bud are especially helpful for overcoming sadness and low energy, while Siberian fir and cedarwood settle a troubled, restless mind.

### ESSENTIAL OILS

- 3 drops Distilled Lime Oil (*Citrus aurantifolia*)
- 3 drops Siberian Fir Oil (*Abies sibirica*)
- 2 drops Cedarwood Oil (*Juniperus virginiana*)
- 2 drops Clove Bud Oil (*Eugenia caryophyllata/Syzygium aromaticum*)

*"The piney, spicy oils in this blend remind me of the holidays, which puts me in a joyful mood. And a twist of lime adds another burst of happiness!"*

- **Marissa**

Case Study & Forum Instructor

## Fresh Garlands

Along with making your home smell like a fresh evergreen forest, Michele's gorgeous blend supports immune health and purifies your indoor air by reducing airborne germs.

### ESSENTIAL OILS

- 5 drops Sweet Orange Oil (*Citrus sinensis*)
- 3 drops Balsam Fir Oil (*Abies balsamea*)
- 3 drops Siberian Fir Oil (*Abies sibirica*)

*"I love this fresh, simple, and uplifting blend because it reminds me of hiking through the woods collecting boughs to use for making wreaths. It's a staple in my home (and my car) during the holidays and all winter long."*

**- Michele**

Case Study Instructor

## I Love Family Gatherings

Bright, refreshing, and comforting! Diffuse Shelia's blend to fill your home with the sparkling energy of lemon and zesty plai, with a peaceful, reassuring undertone of patchouli. This blend can also settle digestion during big holiday meals.

### ESSENTIAL OILS

- 6 drops Plai Oil (*Zingiber cassumunar*)
- 5 drops Lemon Oil (*Citrus limon*)
- 4 drops Patchouli Oil (*Pogostemon cablin*)

*"This blend sets a festive, happy mood for family gatherings. It's fresh and bright, with a warm patchouli undertone that makes it feel extra inviting."*

**- Shelia**

Director of Team Operations & Case Study Instructor