



# diffuser combinations

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60 + recipes by our Additive-Free Lifestyle Oily Tribe

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## Essential oils have been used throughout history

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They have a wide range of medicinal and health purposes assisting with sleep habits, energy levels, beauty care and a lot more.

It can be tricky to know which oils to use considering we all react differently to every product. The great thing is you can experiment with your essential oils and diffusers.

Next time you're ready to load up your diffuser, given one of these combinations a try and bring a fresh zest to your essential oil experience.



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We have our oily tribe members to thank for these diffuser combinations.

If you are not a member, you are welcome to join and be supported by a wonderful community on your essential oil journey.

You can join our oily tribe [here](#).



## Uplifting Blends

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### Happy School Mornings by Amalia T.

4 drops Citrus Bliss  
4 drops On Guard

### Keep my Focused by Hayley L.

3 drops Wild Orange  
3 drops Peppermint

### Concentration Blend by Gillian G.

4 drops Citrus Bliss  
4 drops Peppermint

### Refreshing Blend by Leanne E.

2 drops Frankincense  
2 drops Lavender  
1 drop Lemon

### Pick Me Up by Michelle L.

2 drops Lemon  
2 drops Peppermint

### Up But Calm by Kate S.

3 drops Citrus Bliss  
2 drops Wild Orange

### Up and Away by Deb H.

2 drops Elevation  
2 drops Citrus Bliss  
1 drop Peppermint

### You've Got This by Jayde B.

2 drops Cheer  
2 drops Cinnamon Bark  
2 drops Citrus Bliss

### Happy and Calm by Haleigh O.

3 drops Tangerine  
3 drops Balance  
3 drops Elevation



## Uplifting Blends

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### Pick Me Up by Kelly W.

3 drops Bergamot  
2 drops Grapefruit  
1 drop Spearmint

### Home Office Blend by Michelle P.

2 drops Wild Orange  
2 drops Peppermint  
2 drops Bergamot

### Positive Day by Trina P.

3 drops Litsea  
3 drops Frankincense  
2 drops Lemongrass  
2 drops Bergamot

### Positive Life by Sharon L.

3 drops On Guard  
2 drops Lemon  
2 drops Citrus Bliss

### Inspire Me by Tiffany M.

3 drops Peppermint  
2 drops Basil  
2 drops Lemongrass  
2 drops Ginger

### Relax and Uplift by Vicki A.

3 drops Lavender  
3 drops Bergamot  
3 drops Clary Sage

### Tranquility by Tahlia A.

3 drops Copaiba  
2 drops Frankincense  
2 drops Lavender Peace

### Uplifting But Cool by Claire M.

2 drops Lime  
2 drops Bergamot  
1 drop Ylang Ylang



## Calming Blends

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### Happy House by Kristy R.

5 drops Frankincense  
5 drops Peppermint  
5 drops Lemon  
5 drops Wild Orange

### Fury Tamer by Sarah G.

2 drops Spikenard  
2 drops Geranium  
2 drops Ylang Ylang

### Instant Peace by Kelly R.

4 drops Lavender Peace  
1 drop Whisper

### Clear and Peaceful by Natalie R.

4 drops Easy Air  
3 drops Lavender  
1 drop Vetiver

### On Edge Support No. 1 by Hails M.

2 drops Vetiver  
2 drops Frankincense  
2 drops Roman Chamomile

### On Edge Support No. 2 by Jess G.

3 drops Bergamot  
3 drops Lavender

### Switch Off by Sara B.

1 drop Balance  
1 drop Wild Orange  
1 drop Lavender Peace

### Calm, Clear and Fresh by Cherie S

2 drops Eucalyptus  
2 drops Lemongrass 3 drops Patchouli

### Content and Clear by Lauren C.

3 drops Console  
3 drops Zendocrine



## Calming Blends

### Calm but Nostalgic by Anita E.

2 drops Peppermint  
2 drops Geranium

### Comforting by Kylie C.

2-4 drops Balance  
2-3 drops Citrus Bliss  
2 drops Lavender

### Don't Worry Be Happy by Kristy O.

6 drops Sandalwood  
2 drops Ylang Ylang

### Friends Relax by Melissa M.

5 drops Geranium  
5 drops Cedarwood

### Protect and Calm by Jodie S.

2 drops On Guard  
2 drops Lavender

### Harmony by Pierina M.

2 drops Holiday Joy  
1 drop Peppermint  
1 drop Petitgrain  
1 drop Myrrh

### Calm the Farm by Sherilyn T.

2 drops Bergamot  
2 drops Clary Sage  
2 drops Frankincense  
2 drops Wild Orange  
1 drop Ylang Ylang

### Emotional Release by Jess Z.

2 drops Frankincense  
2 drops Siberian Fir  
2 drops Citrus Bliss

### Forgive by Sandra D.

6 drops Balance  
3 drops Forgive  
3 drops Peace



## Healthy Home Blends

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### Cleaning the Room by Pamela K.

2 drops Lavender  
1 drop Eucalyptus  
1 drop Tea Tree

### Normal Today by Kim W.

4 drops On Guard  
4 drops Lemongrass  
4 drops Lavender

### Respiratory Support by Wendy W.

3 drops Eucalyptus  
3 drops Lemon  
2 drops Peppermint  
2 drops Tea Tree

### Happy, Healthy Kids by Nikolina T.

3 drops Wild Orange  
3 drops Balance  
2 drops On Guard

### Baby Happy Mouth Blend by Josephine R.

1 drop Clove  
2 drops Lavender  
2 drops Siberian Fir

### Assist by Jasmine E.

2 drops Easy Air  
2 drops On Guard  
2 drops Lavender

### Hormonal Help by Anna S.

3 drops Lavender  
3 drops Clary Sage

### Clean and Clear by Fiona T.

3 drops Lemon  
3 drops Tea Tree

### Hubby's Seasonal Support by Ash F.

5 drops Lemon  
5 drops Peppermint  
5 drops Lavender



## Sleepy Time Blends

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### Peaceful Sleep by Rebecca W.

4 drops Lavender Peace  
4 drops Vetiver

### Tranquil Blend by Shannon K.

3 drops Lavender Peace  
2 drops Cypress  
1 drop Juniper Berry

### Bedroom Rest by Maddie S.

3 drops Lavender  
3 drops Frankincense

### Night Shift Sleeper by Rebecca B.

2 drops Vetiver  
4 drops Lavender  
4 drops Ylang Ylang  
2 drops Frankincense

### Restful Nights by Brie M.

3 drops Cedarwood  
2 drops Patchouli

### KO Blend by Jessica H.

1 drop Easy Air  
2 drops Lavender Peace

### Without Lavender Blend by Lucy M.

2 drops Vetiver  
2 drops Roman Chamomile  
2 drops Cedarwood

### Sweet Dreams by Sophie B.

2 drops Lavender  
2 drops Vetiver  
2 drops Balance



## Sleepy Time Blends

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### Deep Sleep by Sherilyn T.

2 drops Spikenard  
2 drops Juniper Berry  
2 drops Vetiver

### Dream Away by Haleigh O.

3 drops Roman Chamomile  
3 drops Bergamot  
3 drops Frankincense

### Mummy's Sleep Time by Leah T.

2 drops Clary Sage  
2 drops Cedarwood  
2 drops Lavender  
2 drops Bergamot

### Goodnight Sleep Tight by Ella B.

2 drops Cedarwood  
3 drops Lavender  
3 drops Vetiver

### Out Like a Light by Sherilyn T.

2 drops Frankincense  
2 drops Copaiba  
2 drops Balance

### Sleepy Time by Dylan T.

2 drops Whisper  
2 drops Juniper Berry  
2 drops Sandalwood

### Midnight Blues by Jess W.

2 drops Lavender  
2 drops Vetiver  
2 drops Marjoram

### All-Time Favourite Bed Time by Julie M.

1 drop Spikenard  
2 drops Bergamot  
2 drops Lavender



## Just Because Blends

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### Absolutely Divine by Rebecca A.

2 drops Lemongrass  
2 drops Citrus Bliss

### Wish for Summer Blend by Michelle H.

3 drops Spearmint  
3 drops Lavender  
3 drops Lime

### Fresh and Sweet by Catherine L.

2 drops Wintergreen  
4 drops Geranium  
3 drops Smart & Sassy

### Earthy Goodness by Emma W.

2 drops Lemongrass  
2 drops Balance  
2 drops Siberian Fir  
2 drops Cypress

### Day Spa in my Lounge by Chantelle W.

2 drops Bergamot  
2 drops Citrus Bliss  
2 drops Lemongrass

### Zest for Life by Cassandra M.

5 drops Lemon  
5 drops Wild Orange

### Joshy's Combo by Rebecca C.

3 drops Wild Orange  
2 drops Purify  
2 drops Balance  
1 drop Citrus Bliss

### Positive Vibes by Jayde B.

3 drops Wild Orange  
3 drops Bergamot  
3 drops Eucalyptus



## Just Because Blends

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### Beautiful Combination by Lisa O.

5 drops Ylang Ylang  
5 drops Bergamot

### Hubby's Blend That Doesn't Stink by Belinda R.

3 drops Easy Air  
3 drops Wild Orange  
3 drops Lime

### 5 Star Hotel by Rachel J.

3 drops Citrus Bliss  
2 drops Cinnamon Bark  
1 drop Black Pepper

### Hope by Pierina M.

2 drops Bergamot  
1 drop Frankincense  
2 drops Ylang Ylang  
1 drop Whisper

### One Of 'Those' Days by Anita W.

3 drops Lavender  
3 drops Bergamot  
2 drops Clary Sage

### Sunshine by Jayde B.

3 drops Wild Orange  
3 drops Grapefruit

### Courage by Haleigh O.

3 drops Balance  
3 drops Bergamot  
3 drops Citrus Bliss

### A Newbie Blend by Madison K.

3 drops Peppermint  
2 drops Lemon  
2 drops Lavender



Hi, we are Tracey and Joanne, two mothers, both wives and both into living the healthiest and happiest lifestyles we can.

We are passionate about changing the way you look at food by spreading the message that additives and preservatives can be toxic to your health. Come along for the ride, it's pretty amazing and you won't regret it!

additive-free lifestyle\*

[additivefreelifestyle.com](http://additivefreelifestyle.com) /    



We have a range of diffusers and essential oils available to purchase on our website [additivefreelifestyle.com](http://additivefreelifestyle.com)

