



ESSENTIAL OILS
FOR ABUNDANT LIVING

DIFFUSER GUIDE



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Essential Oils for Abundant Living Diffuser Guide

by Dr. Eric & Sabrina Ann Zielinski

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Four Popular Ways to Inhale Essential Oils

Not only is inhalation the oldest form of essential oil use, it is also arguably the safest. Most essential oil diffuser recipes are relatively safe for most people in most cases due to the high level of dispersion. **And, yes, this includes babies and pets!** As long as the room that you are diffusing is well-ventilated, enjoy worry-free essential oil benefits throughout the entire house!

More direct effects can be obtained by breathing in a steam directly or inhaling right from the bottle, or from a few drops on a cloth. This carries the aromatic benefits from your favorite healing plants directly into your respiratory system and mucous membranes, dispersed throughout the steam or air molecules.

When inhaling essential oils, you only need a **small amount to create a big impact**. Diffusers will use a bit more, but direct inhalation is up close and personal and only requires a couple of drops. Here are some of the methods you might use to use your favorite essential oil diffuser recipes.

1) DIFFUSION – Good for blends intended to affect the entire room. Place as few as 2-3 and as many as 6-10 total drops in the diffuser or in a pot of simmering water and let it disperse throughout the room.

Ideally for oils that are energizing, antimicrobial, promoting memory and focus, relaxing. Ex: lemon, rosemary, vetiver.

2) PERSONAL INHALATION – Good for portable, direct inhalation for specific benefits to an individual. Fewer drops are needed due to the close proximity of use. Place 1-2 drops of a single oil or a pre-prepared blend of oils on the inhaler, then hold it close to the nose and breathe in periodically. Inhalers can be a piece of porous jewelry, a piece of cloth or handkerchief, or inhalers made of a wick of sorts placed in a glass tube.

Ideally for personal benefit such as clear breathing, focus, anxiety, headaches, and stress relief. Ex: eucalyptus, bergamot, lavender.

3) STEAM INHALATION – Technically also personal inhalation, “tenting” is more intensive and not very portable. When the oils need to be inhaled in greater concentration and affect the respiratory system more directly, 2-3 drops of a single oil or pre-prepared blend can be placed in a bowl of boiling water – usually warmed in and poured from a tea kettle. Place a towel over your head and drape it over the bowl (forming a tent, of sorts), close your eyes, and breathe deeply.

Ideally for clearing the nasal passages and respiratory system. Ex: eucalyptus, peppermint, cardamom.

4) SPRAYS – Aromatic sprays have benefits of both inhalation and, in the case of antimicrobial oils, surface cleaning benefits. Combine 10-20 drops of a combination of oils to ½ oz organic grain alcohol, then add 2 oz distilled water and shake to combine. Spritz in the air, on linens, or on clothes as desired.

*Ideally for air freshening, cleaning, antimicrobial purposes, body sprays, and even **topical anti-inflammatory** benefits and healing. Ex: **tea tree, orange, thyme.***

Ultrasonic, Steam Diffusers

By far, the most effective and most popular way to utilize aromatherapy is through steam diffusion. Be careful to **purchase only those products that will NOT leach petrochemicals**. Essential oils have the tendency to break down weak plastics and you'll end up inhaling dangerous chemicals instead of just pure life-giving essential oils!

All of our products that we sell have been tested using pure essential oils (with no water) and evaluated for any chemical residue and none have been found! Our diffusers have been designed in Belgium, which gives them a sophisticated “Euro” look and you're going to fall in love with our diffusers, wraps, cases and necklaces!

Shop here → <https://store.drericz.com/>

Simply:

1. Fill your diffuser with tap water up to the “fill line” or fill marker.
2. For every 100 ml of water, add 4 drops of your favorite oil or blends.
3. And enjoy. Voila!

See below for LOTS of great DIY recipes.

Reed Diffusers

Reed diffusers are more “old school” and are the more traditional way to utilize aromatherapy. What did people do before electricity, right?!?

Not as simple as steam diffusers, but still very easy to do. Once you get a small glass container with a narrow opening (you can usually find some good one at thrift stores). Simply add in:

- ◆ Several reed diffuser sticks OR bamboo skewers (4-6 should do)
- ◆ 1/8 cup – 1/4 cup **carrier oil** (depending on the size of your bottle)
- ◆ 15-25 drops of essential oils (as low as 15 drops for 1/8 cup carrier oil and as much as 25 drops for 1/4 cup)

The best **carrier oils** I have found are: **fractionated coconut oil, jojoba oil, sweet almond oil, and safflower oil.**

Diffuser Blends for *Health and Wellness*

Addiction/Healthy Cravings

- ◆ 2 Drops Black Pepper
- ◆ 1 Drop Cinnamon Bark
- ◆ 1 Drop Lemon
- ◆ 1 Drop Peppermint

Weight Loss

- ◆ 2 Drops Grapefruit
- ◆ 2 Drops Cypress
- ◆ 2 Drops Peppermint

Immune Boosting

- ◆ 1 Drop Eucalyptus
- ◆ 1 Drop Lemon
- ◆ 1 Drop Cinnamon
- ◆ 1 Drop Rosemary
- ◆ 1 Drop Orange
- ◆ 1 Drop Clove

Energy

- ◆ 2 Drops Peppermint
- ◆ 2 Drops Rosemary
- ◆ 2 Drops Eucalyptus

Healthy Digestion

- ◆ 1 Drop Caraway
- ◆ 1 Drop Fennel
- ◆ 1 Drop Ginger
- ◆ 1 Drop Lemon
- ◆ 1 Drop Tarragon

Detox

- ◆ 3 Drops Juniper Berry
- ◆ 2 Drops Bay
- ◆ 2 Drops Grapefruit

Allergy

- ◆ 2 Drops Peppermint
- ◆ 2 Drops Lavender
- ◆ 2 Drops Lemon

Breathe Deep

- ◆ 1 Drop Cardamom
- ◆ 1 Drop Peppermint
- ◆ 1 Drop Eucalyptus
- ◆ 1 Drop Rosemary
- ◆ 1 Drop Tea Tree
- ◆ 1 Drop Lemon

Libido/Romance

- ◆ 2 Drops Frankincense
- ◆ 2 Drops Lavender
- ◆ 1 Drop Jasmine
- ◆ 1 Drop Ylang Ylang
- ◆ 1 Drop Rose

Harmony

- ◆ 2 Drops Frankincense
- ◆ 2 Drops Sandalwood
- ◆ 2 Drops Ylang Ylang
- ◆ 1 Drop Key Lime

Calm & Collected

- ◆ 2 Drops Lavender
- ◆ 2 Drops Geranium
- ◆ 1 Drop Roman Chamomile
- ◆ 1 Drop Clary Sage
- ◆ 1 Drop Ylang Ylang

Meditation (Holy Anointing)

- ◆ 2 Drops Frankincense
- ◆ 1 Drop Cinnamon Bark
- ◆ 1 Drop Cassia
- ◆ 1 Drop Myrrh

Focus Now

- ◆ 2 Drops Frankincense
- ◆ 1 Drop Sandalwood
- ◆ 1 Drop Cedarwood
- ◆ 1 Drop Vetiver

Sleepy Time

- ◆ 2 Drops Roman Chamomile
- ◆ 2 Drops Vetiver
- ◆ 2 Drops Lavender

Joyful

- ◆ 2 Drops Grapefruit
- ◆ 2 Drops Orange
- ◆ 1 Drop Lemon
- ◆ 1 Drop Bergamont

Gratitude

- ◆ 2 Drops Cinnamon Bark
- ◆ 2 Drops Orange
- ◆ 1 Drop Peppermint

Purpose

- ◆ 2 Drops Orange
- ◆ 2 Drops Peppermint
- ◆ 2 Drops Ravintsara

Spring Diffuser Blends

Lullaby & Raindrops

- ◆ 2 Drops Juniper Berry
- ◆ 2 Drops Cypress
- ◆ 2 Drops Frankincense

Clean, Clean, Clean

- ◆ 2 Drops Lemon
- ◆ 2 Drops Lemon Eucalyptus
- ◆ 1 Drop Lemon Tea Tree
- ◆ 1 Drop Lemon Basil

Tutti Frutti Candy

- ◆ 2 Drops Geranium
- ◆ 2 Drops Lemongrass
- ◆ 2 Drops Grapefruit

Clothesline Fresh

- ◆ 2 Drops Lemongrass
- ◆ 2 Drops Cedarwood
- ◆ 2 Drops Grapefruit

Happy Gardener

- ◆ 1 Drop Basil
- ◆ 2 Drops Peppermint
- ◆ 2 Drops Lime

Heavenly Scent

- ◆ 5 Drops Magnolia
- ◆ 2 Drops Key Lime
- ◆ 2 Drops Lemon
- ◆ 2 Drops Blood Orange

Fall Diffuser Blends

Spiced Apple

- ◆ 2 Drops Clove
- ◆ 2 Drops Cinnamon Bark
- ◆ 2 Drops Ginger

Bright Leaves

- ◆ 2 Drops Patchouli
- ◆ 1 Drop Nutmeg
- ◆ 1 Drop Ginger

Pumpkin Pie

- ◆ 2 Drops Orange
- ◆ 2 Drops Cassia
- ◆ 1 Drop Clove
- ◆ 1 Drop Ginger

Spiced Chai

- ◆ 3 Drops Cardamom
- ◆ 2 Drops Cinnamon
- ◆ 1 Drop Ginger
- ◆ 1 Drop Clove

Stay Motivated Blend

- ◆ 2 Drops Black Pepper
- ◆ 1 Drop Sandalwood
- ◆ 1 Drop Orange
- ◆ 1 Drop Lime

Grounding

- ◆ 2 Drops Douglas Fir
- ◆ 2 Drops Cedarwood
- ◆ 2 Drops Orange

Winter Diffuser Blends

Oh, Christmas Tree!

- ◆ 3 Drops Douglas or White Fir
- ◆ 2 Drops Cedarwood
- ◆ 1 Drop of Juniper Berry

Grandma's Cookies

- ◆ 3 Drops Ginger
- ◆ 2 Drops Clove
- ◆ 1 Drop Cinnamon

By the Fire

- ◆ 3 Drops Cardamom
- ◆ 1 Drop Orange
- ◆ 1 Drop Cinnamon
- ◆ 1 Drop Clove

Let it Snow!

- ◆ 3 Drops Eucalyptus
- ◆ 2 Drops Juniper Berry
- ◆ 1 Drop Sage

Kingly Gifts

- ◆ 3 Drops Frankincense
- ◆ 2 Drops Myrrh
- ◆ 1 Drop Sage

Carols in the Woods

- ◆ 1 Drop Sandalwood
- ◆ 1 Drop Cedarwood
- ◆ 1 Drop Cypress
- ◆ 1 Drop Myrrh

About Dr. Z & Mama Z



We know what it's like to be sick. Seriously, chronically sick and, between the two of us, we have suffered from chronic pain, leaky gut, eating disorders, cystic acne, depression, and even suicidal thoughts for years. And (thank God) we know what it's like to recover. And NOT by using conventional medicine either! In fact, medicine failed us and it literally took more than a decade for us to come up with the natural solutions that were just right for our bodies.

This is why we're so we do, and learning about essential oils has been an important part of our healing journey.

Before we launched our website in 2014, we used to help educate and coach people for free because we could truly empathize with their suffering. All this started back in 2003. It was our joy to serve our friends, family and neighbors. We never imagined that our essential oil training would take off and reach more than 5 million people every year.

We hope you join our essential oil training, and we look forward to seeing you in our private Members Only Facebook group and during our month Q & A's. It brings us more joy than you can imagine to see so many people regain control of their health with essential oils and it is our sincere honor to act as your trusted guide and mentor during your journey!

**For More Healing Recipes & DIY Tips Don't Forget
to Pick Up Our New Bestselling Book!**

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