

30 Cold and Flu Diffuser Recipes



Breathe Easy

- 2 drops Frankincense, 2 drops Eucalyptus, 2 drops Lavender, 2 drops Lemon
- 2 drops Lemongrass, 2 drops Lavender, 2 drops Eucalyptus
- 2 drops Peppermint, 2 drops Frankincense, 2 drops Eucalyptus, 2 drops Lime
- 5 drops Respir-Aid
- 2 drops Peppermint, 2 drops Eucalyptus, 2 drops Oregano
- 1 drop Eucalyptus, 1 drop Rosemary, 1 drops Lemon, 2 drops Peppermint
- 3 drops Eucalyptus, 3 drops Lemon, 2 drops Peppermint, 2 drops Melaleuca
- 2 drops Peppermint, 2 drops Lavender, 2 drops Eucalyptus
- 2 drops Rosemary, 2 drops Eucalyptus, 2 drops Lavender
- 2 drops Thyme, 2 drops Lime, 2 drops Eucalyptus
- 1 drop Cedarwood, 1 drop Rosemary, 2 drops Orange, 2 drops Frankincense
- 3 drops Lemon, 3 drops Eucalyptus
- 1 drop Eucalyptus, 1 drop Fir Needle, 2 drops Lavender, 2 drops Peppermint

Congestion

- 2 drops Eucalyptus, 2 drops Peppermint, 2 drops Melaleuca
- 3 drops Peppermint, 2 drops Eucalyptus, 2 drops Melaleuca, 1 drop Lemon
- 3 drops Peppermint, 1 drop Lavender, 1 drop Eucalyptus, 1 drop Orange

Coughs

- (chesty) 2 drops Cedarwood, 2 drops Blue Cypress, 2 drops Lavender, 1 drop Eucalyptus, 1 drop Marjoram
- 1 drop Oregano, 1 drop Melaleuca, 2 drops Lemon, 2 drops Peppermint
- 2 drops Frankincense, 2 drops Lavender, 1 drop Respir-Aid
- 3 drops Peppermint, 3 drops Germ Fighter
- 2 drops Frankincense, 2 drops Rosemary, 1 drop Cedarwood
- (dry) 2 drops Eucalyptus, 2 drops Lavender, 2 drops Thyme
- (Chesty) 2 drops Eucalyptus, 2 drops Melaleuca, 2 drops Thyme

Immune Support

- 2 drops Lemon, 2 drops Peppermint, 2 drops Lavender
- 1 drop Rosemary, 1 drop Clove, 1 drop Eucalyptus, 1 drop Cinnamon, 1 drop Orange
- 2 drops Orange, 2 drops Cinnamon, 2 drops Clove, 1 drop Ginger
- 5 drops Germ Fighter, 2 drops Lemon, 1 drop Melaleuca
- (Allergies) 2 drops Lemon, 2 drops Lavender, 2 drops Peppermint
- 2 drops Clove, 2 drops Lemon, 1 drop Cinnamon Bark, 1 drop Eucalyptus, 1 drop Rosemary
- 1 drop Germ Fighter, 1 drop Lemon, 1 drop Oregano, 1 drop Melaleuca, 1 drop Frankincense