

Winter Diffuser Recipes

Sugar Plum

4 drops Stress Away
2 drops Nutmeg
2 drops Christmas Spirit

Warm Cheer

4 drops Christmas Spirit
2 drops Orange

Gingerbread Man

3 drops Ginger
2 drops Cinnamon Bark
2 drops Clove
2 drops Nutmeg

Beach Dreaming

2 drop Spearmint
2 drop Grapefruit
2 drops Lime
2 drops Tangerine

Frosty

5 drops Peppermint
2 drops Ylang Ylang

Winter Wonderland

3 drops Peppermint
3 drops Bergamot
2 drops Cypress

Merry & Bright

3 drops Balsam Fir
2 drops Frankincense
2 drops Grapefruit

Evergreen

4 drops Balsam Fir
3 drops Blue Spruce
3 drops Pine

made with Starter Kit Oils

Sweet Dreams

2 drops Copaiba
2 drops Stress Away
2 drops Lavender

Energy Burst

2 drops Frankincense
2 drops Peppermint
2 drops Lemon

Cozy Corner

3 drops Lemon
3 drops Thieves

Fresh Air

3 drops Purification
3 drops Lemon



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Spring Diffuser Recipes

Spring Break

5 drops Bergamot
5 drops Orange
5 drops Stress Away

Spring Fling

2 drops Lemon
2 drops Orange
3 drops Grapefruit
1 drop Lime

Clean & Fresh

2 drops Lavender
2 drops Lemon
2 drops Rosemary

Spa Day

5 drops Lavender
5 drops Lemongrass

Spring Kitchen

3 drops Lime
2 drops Lavender
2 drops Rosemary
3 drops Lemon

Joyful Day

4 drops Joy
3 drops Lemon

Sunny Day

4 drops Orange
2 drops Ylang Ylang
2 drops Bergamot

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Fresh Air

3 drops Purification
3 drops Lemon

Spring Bloom

3 drops Lemon
3 drops Lavender
3 drops Peppermint

Relax

3 drops Stress Away
3 drops Lavender

Clean House

3 drops Peppermint
3 drops Purification



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Summer Diffuser Recipes

Orange Creamsicle

5 drops Orange
5 drops Stress Away

On the Beach

3 drops Patchouli
3 drops Orange
2 drops Ylang Ylang

Summer Breeze

3 drops Citrus Fresh
3 drops Lime
1 drop Spearmint

Limeade

1 drop Spearmint
4 drops Lime
1 drop Basil

Relax

5 drops Lavender
5 drops Lemongrass

Sweet Sunshine

4 drops Tangerine
2 drops Lavender
1 drop Lime
1 drop Spearmint

Citrus Blast

3 drops Bergamot
3 drops Grapefruit
2 drops Lime

Feelin' Easy

3 drops Stress Away
2 drops Grapefruit
2 drops Peace & Calming

made with Starter Kit Oils

Summer Fresh

3 drops Purification
3 drops Lavender

Relaxing Day

2 drops Lavender
2 drops Copaiba
1 drop Frankincense

Fresh & Clean

3 drops Thieves
3 drops Peppermint

Starry Night

4 drops Lavender
4 drops Copaiba



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Fall Diffuser Recipes

Back to School

3 drops Rosemary
3 drops Lemon
2 drops Peppermint

Sweet Fall

3 drops Cedarwood
2 drops Bergamont

Fall Rain

3 drops Bergamont
2 drops Lavender
4 drops Clary Sage

Campfire

3 drops Idaho Blue Spruce
2 drops Ylang Ylang
2 drops Orange
1 drop Idaho Balsam Fir

Perk Up

3 drops Lemon
2 drops Peppermint

Spiced Cider

4 drops Orange
3 drops Ginger
3 drops Cinnamon

Giving Thanks

4 drops Christmas Spirit
3 drops Clove
3 drops Lemon

Orange Spice

4 drops Orange
1 drop Cinnamon
1 drop clove
1 drop Nutmeg

made with Starter Kit Oils

Immunity Booster

4 drops Thieves
2 drops Lemon

Seasonal Comfort

3 drops Peppermint
3 drops Lemon
3 drops Lavender

Afternoon Wake-up

3 drops Lemon
3 drops Peppermint



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Not With Young Living? Get started with one of these kits! 4 great ones to choose from:



Premium Starter Kit - \$165 (over \$400 value)

Diffuser • Lavender • Peppermint Vitality™ • Lemon Vitality™ • Vitality™ • Frankincense • Thieves® Vitality™ • Citrus Fresh • Raven • DiGize™ Vitality™ • PanAway® • Stress Away™ • Valor • Peace and Calming • AromaGlide™ Roller Fitment • 10 Sample Packets • Sample Business Cards • Sample Oil Bottles • 2 NingXia Red® 2-oz. samples • Product Guide • Product Price List • Essential Oil Magazine • Essential Edge • Member Resources



Savvy Starter Kit - \$150 (over \$260 value)

1 Foundation • 1 Blush • 3 Eyeshadows • 1 Lip Gloss • Misting Spray • Foundation Brush • 5-ml Lavender essential oil • Savvy Minerals by Young Living Booklet • Introduction to Young Living Booklet



Premium Starter Kit Thieves - \$160 (over \$360 value)

15-ml Thieves • Thieves AromaBright™ Toothpaste • Thieves Fresh Essence Plus Mouthwash • 2 Thieves Cleaner • 2 Thieves Foaming Hand Soap • 2 Thieves Spray • 2 Thieves Waterless Hand Purifier • 5-ml Stress Away™ • AromaGlide™ Roller Fitment • 10 Sample Packets • Sample Business Cards • Sample Oil Bottles • 2 NingXia Red® 2-oz. samples • Product Guide • Product Price List • Essential Oil Magazine • Essential Edge • Member Resources



Premium Starter Kit with NingXia - \$170 (over \$360 value)

NingXia Red 2-pack • 30 NingXia Red Singles (2 fl. oz. ea.) • NingXia Nitro • 5-ml Stress Away™ • AromaGlide™ Roller Fitment • 10 Sample Packets • Sample Business Cards • Sample Oil Bottles • 2 NingXia Red® 2-oz. samples • Product Guide • Product Price List • Essential Oil Magazine • Essential Edge • Member Resources

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