

# Stress Busting

## Essential Oil Diffuser Blends

2 drops lemon  
2 drops wild orange  
2 drops bergamot

2 drops lavender  
2 drops lime  
2 drops mandarin

2 drops bergamot  
2 drops patchouli  
2 drops ylang ylang

2 drops grapefruit  
2 drops bergamot  
2 drops lime  
2 drops sandalwood

2 drops grounding blend  
2 drops calming blend  
2 drops lavender  
2 drops wild orange

3 drops lavender  
2 drops clary sage  
1 drops ylang ylang  
1 drop marjoram

3 drops lavender  
1 drops cedarwood  
1 drops wild orange  
1 drop ylang ylang

2 drops frankincense  
1 drop cedarwood  
1 drop rosemary  
2 drops wild orange

2 drops grapefruit  
2 drops rosemary  
2 drops lemon

3 drops lavender  
3 drops vetiver

3 drops cedarwood  
3 drops lavender

3 drops frankincense  
3 drops grounding blend

2 drops wild orange  
2 drops lime  
2 drops tangerine

2 drops patchouli  
2 drops cypress  
2 drops bergamot

3 drops lavender  
2 drops chamomile  
2 drops ylang ylang

2 drops bergamot  
2 drops frankincense  
2 drops joyful blend

2 drops myrrh  
2 drops patchouli  
2 drops ylang ylang

3 drops bergamot  
2 drops geranium  
1 drop ginger

2 drops lavender  
2 drops geranium  
1 drops chamomile  
1 drops clary sage  
1 drops ylang ylang

3 drops lavender  
1 drops vetiver  
1 drop clary sage  
1 drop lemon

1 drop clary sage  
1 drop bergamot  
1 drop grapefruit  
2 drops wild orange  
1 drop frankincense  
1 drop vetiver