

The GOOD. diffuser guide



A scent for every moment at home



Why scent works so fast

Smell is the only sense with a short line to the part of your brain that handles emotion and memory. That's why one whiff of cinnamon can put you straight back in your gran's kitchen before you even know why.

Scent nudges behaviour too, often without you noticing. In a study by Holland and colleagues (2005), people ate a crumbly biscuit in a room with a faint citrus cleaning scent. They cleared the crumbs off the table more often than people who smelled nothing, and none of them had noticed the scent.



From your nose straight to the part of your brain that handles emotion and memory.

How to use your diffuser

- 1 Fill the diffuser with water up to the line.
- 2 Add 6 to 8 drops of oil. More isn't better, just stronger.
- 3 Run it for 30 to 60 minutes, then give it a rest. Your nose gets used to a scent, and after a while you barely notice it. After a break, you'll smell everything again.

- Open a window now and then. Fresh air and a lovely scent get on fine.
- Children and pets: leave the door open so they can wander off if they don't like the smell. Be extra careful with birds and use the diffuser in a room they don't go into.
- Clean it once a week: a little water with a splash of vinegar, let it run for a moment, wipe it out and leave it to dry.



Blends for every moment



Tidy mode

6 drops of **Motivate**. Prefer to mix your own? 4 drops of **Wild Orange**, 2 drops of **Lemon** and 1 drop of **Peppermint**.



Fresh kitchen

6 drops of **Citrus Bliss**, after cooking or when you've just opened the dishwasher.



Home office

4 drops of **Wild Orange** and 2 drops of **Peppermint**. Bright and fresh, even in the half-past-two slump.



Forest in the living room

6 drops of **Shinrin-yoku**. For days when it's chucking it down and you still fancy the woods.



Fresh air when the windows stay shut

6 drops of **Air-X**. Light and a little citrusy, lovely in the living room in winter.



Staying calm when it's hectic

6 drops of **Adaptiv**. For when the diary's full and everyone wants something from you at once.



Welcome home

6 drops of **Cheer**. Switch the diffuser on when guests are coming, or just for yourself when you get in. My personal favourite: 4 drops of **Cheer** and 4 drops of **Air**. Give it a go, it smells absolutely gorgeous!



Evening, everything in its place

6 drops of **Serenity**, or 4 drops of **Lavender** with 2 drops of **Cedarwood**.



Bedroom

6 drops of **Air**, half an hour before bed. Then the diffuser can go off.



Lemon all-purpose cleaner

You'll need

- a 500 ml glass spray bottle
- 250 ml water
- 250 ml cleaning vinegar
- 15 drops of **Lemon**

How to make it

- 1 Pour the water and vinegar into the bottle.
- 2 Add the drops of **Lemon**, put the lid on and shake.
- 3 Give it a quick shake before each use, as oil and water don't mix on their own.

Good for worktops, sinks, taps and tables. Not on marble or natural stone, as vinegar damages the surface. Use a glass bottle, because pure citrus oil softens some plastics.



Which diffuser?

The ones I use most are the Petal and the Laluz, and price-wise I think they're the best choice. Both also come as a set with oil.



Petal Diffuser 2.0

My bedroom diffuser. It's made of plastic, so if it ever gets knocked off the bedside table, it won't break. With 240 ml of water and the interval setting, it runs for up to 12 hours.

[View →](#)

[Petal Diffuser Trio →](#)

with Wild Orange and Lavender



Laluz Diffuser

Looks really elegant in the kitchen or living room, where guests tend to gather. With a glass top and mood lighting in three settings.

[View →](#)

[Laluz Diffuser & Citrus Bliss →](#)

Why I choose pure essential oils

In a US study by Steinemann (2016), just over a third of participants said fragranced products such as air fresheners, scented candles and fabric softener gave them problems. Headaches and breathing difficulties came up most often.

An air freshener or scented candle often just says "fragrance" or "parfum" on the label, and dozens of substances can hide behind that one word. With a pure doTERRA essential oil you know what you're bringing into your home: one plant, or a blend of plants all named on the label, and every batch tested for purity.

Even with pure oils: in moderation, and air the room now and then.

Getting your oils

Click a bottle to go to its product page, with everything about that oil.



Motivate

[View ›](#)



Citrus Bliss

[View ›](#)



Wild Orange

[View ›](#)



Lemon

[View ›](#)



Peppermint

[View ›](#)



Shinrin-yoku

[View ›](#)



Air-X

[View ›](#)



Adaptiv

[View ›](#)



Cheer

[View ›](#)



Serenity

[View ›](#)



Lavender

[View ›](#)



Cedarwood

[View ›](#)



Air

[View ›](#)

Your own account

With your own doTERRA account you pay 25% less on everything. Opening one is free with an order of 150 PV or more, or with a starter kit; otherwise there's a small one-off fee (£24 in the UK). No strings attached.

[Start with 25% off](#)

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Essential oils are highly concentrated. Keep out of reach of children and away from the eyes. Pregnant, breastfeeding or living with a medical condition? Check with your doctor first. Not a medical product; not intended to prevent, treat or cure any disease.

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