



mandala
Essentials

DIFFUSER GUIDE 1

Months + Seasons



Spring blends

With the coming of spring, I am calm again.
(Gustav Mahler)

Outdoor party -

1 drop Clary Sage
2 drops Lime
2 drops Juniper

Breath of fresh air -

2 drops Lavender
2 drops Peppermint
2 drops Lemon

Breathe easy -

3 drops Breathe
1 drop Lime

Clean laundry -

3 drops Siberian Fir
3 drops Cypress
3 drops Wintergreen

Fresh rainshower -

3 drops Vetiver
3 drops Lemon

Clean spring kitchen -

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

Spring fling -

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

Spring blossom -

3 drops Wild Orange
2 drops Ginger
2 drops Ylang Ylang

Spring time -

2 drops Tangerine
2 drops Spearmint
2 drops Lemongrass



Summer blends

Summer has filled her veins with light and her heart is washed with noon
(C.D Lewis)

Mint creamsicle -

4 drops Citrus Bliss
3 drops Spearmint

Citrus slush -

3 drops Lime
2 drops Citrus Bliss
3 drops Grapefruit

Summer wind -

1 drop Spearmint
1 drop Bergamot
3 drops Tangerine

Sweet summer sunset -

4 drops Juniper Berry
2 drops Grapefruit
2 drops Bergamot
1 drop of Ylang Ylang

Citrus summer remix -

3 drops Lime
1 drop Passion
2 drops Bergamot

Wild + free -

3 drops Balance
3 drops Grapefruit

Sun-kissed -

2 drops Juniper Berry
2 drops Grapefruit
1 drop Wild Orange

Sitting in the shade -

3 drops Wintergreen
3 drops Tangerine

Fresh Air -

3 drops Lime
3 drops Tea Tree
4 drops Lemon



Autumn blends

"Autumn... the year's last, loveliest smile."
(William Cullen Bryant)

Apple pie -

3 drops Douglas Fir
2 drops Cinnamon
3 drops Citrus Bliss

Happy Thanksgiving -

4 drops Holiday Joy
3 drops Clove
3 drops Lemon

Happy harvest -

5 drops Tangerine
3 drops Cinnamon
1 drop Clove

Crisp autumn spice -

4 drops Cardamon
2 drops Wild Orange
1 drop Clove
1 drop Cinnamon

Tall leaves -

2 drops Arborvitae
2 drops Cardamon
2 drops Cassia

Sweater weather -

2 drops Douglas Fir
2 drops Holiday Joy
1 drop Myrrh

Gingersnap cookie -

3 drops Ginger
2 drops Cassia
2 drops Clove

Autumn invitation -

3 drops Wild Orange
1 drop Ginger
1 drop Clove
2 drops Frankincense

Lumber jack -

2 drops Arborvitae
2 drops Cedarwood
2 drops Sandalwood



Winter blends

"Let us love winter, for it is the spring of genius."
(Pietro Aretino)

Frosted forest -

3 drops Siberian Fir
2 drops Cypress
1 drop Cedar

Immune booster -

3 drops Ongaard
3 drops Citrus Bliss

Long winters nap -

1 drop Cassia
2 drops Cedarwood
2 drops Wild Orange

Winter blues buster -

3 drops Citrus Bliss
2 drops Juniper
2 drops Frankincense

By the fire -

2 drops Wild Orange
2 drops Frankincense
2 drops Cinnamon

Warm + Cosy -

2 drops Cinnamon
2 drops Wild Orange
2 drops Clove

Stay inside -

1 drop Siberian Fir
2 drops Wild Orange
1 drop Cassia

Ice crystals -

2 drops Aromatouch
3 drops Balance
2 drops Deep Blue

It's snowing -

4 drops Cypress
2 drops Siberian Fir
2 drops Sandalwood



january blends

Every new beginning comes from some other beginning's end.

(Seneca)

New Year -

2 drops Bergamot
2 drops Frankincense
2 drops Elevation

Resolutions -

2 drops Ginger
3 drops Lemon
3 drops Lime

Manifesting -

3 drops Lemongrass
3 drops Tangerine
3 drops Spearmint

Artic fire -

2 drops Wintergreen
2 drops Juniper Berry
2 drops Siberian Fir
1 drop Cinnamon

Goal setting -

2 drops Peppermint
2 drops Frankincense
1 drop Ylang Ylang

New beginnings -

3 drops Passion
3 drops Douglas Fir
3 drops Grapefruit

Winter morning -

3 drops Cedarwood
3 drops Elevation
2 drops Cinnamon

Motivation -

3 drops Motivate
2 drops Peppermint
1 drop Rosemary

Fresh start -

4 drops Bergamot
3 drops Grapefruit
2 drops Lemongrass



february blends

"I got lost in him, and it was the kind of lost that's exactly like being found."

(*Claire LaZebnik*)

Valentines -

2 drops Lime
2 drops Juniper Berry
1 drop Clary Sage

Smooch -

3 drops Ylang Ylang
3 drops Bergamot
3 drops Patchouli

XOXO -

2 drops Wild Orange
1 drop Ylang Ylang
1 drop Cedarwood
1 drop Sandalwood

Sunday brunch -

2 drops Black Pepper
2 drops Wild Orange
1 drop Ylang Ylang

Walk in the forest -

3 drops Juniper Berry
4 drops Bergamot

Rejuvenate -

3 drops Balance
3 drops Purify

Fall in love -

2 drops Citrus Bliss
2 drops Lemon
1 drop Cheer

Be mine -

2 drops H. Sandalwood
2 drops Passion

Refresh -

5 drops Grapefruit
4 drops Peppermint



march blends

"Blossom by blossom the spring begins."

(Algernon Charles Swinburne)

Meditation -

3 drops Balance
3 drops Purify

Get togethers -

3 drops Lavender
3 drops Bergamot
3 drops Clary Sage
3 drops Cedarwood

Wrap up warm -

3 drops Cardamom
3 drops Grapefruit
1 drop Clove

Clean home -

3 drops Siberian Fir
3 drops Cypress
2 drops Wintergreen

Carefree -

5 drops Bergamot
3 drops Patchouli
2 drops Eucalyptus

Snuggle -

4 drops Lemon
3 drops Copaiba
2 drops Rose

Spring is close -

2 drops Lime
2 drops Basil
1 drop Cinnamon Bark

St Patricks Day -

3 drops Lime
3 drops Fennel
3 drops Basil

Here comes the Sun -

5 drops Orange
3 drops Lemongrass
1 drop Peppermint



April blends

Happiness blooms naturally in the hearts of those who are inwardly free. It flows spontaneously, like a mountain spring after April showers, in minds that are contented with simple living.

(Paramahansa Yogananda)

Fresh rainshower -

3 drops Vetiver
3 drops Lemon

Spring blossoms -

3 drops Wild Orange
2 drops Ginger
2 drops Ylang Ylang

Puddle splash -

2 drops Lemongrass
2 drops Grapefruit
1 drop Bergamot

Clean spring kitchen -

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

Spring break -

2 drops Lime
2 drops Motivate
1 drop Elevation

Seasonal relief -

4 drops Lavender
4 drops Lemon
4 drops Peppermint

Spring fling -

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

Time to relax -

2 drops Whisper
2 drops Lemon
1 drop Cedarwood

Breathe easy -

3 drops Breathe/Easy Air
1 drop Lime



may blends

"Spring is nature's way of saying, 'Let's Party!'"

(Robin Williams)

May day -

3 drops Lime
3 drops Lemon
3 drops Grapefruit

Outdoor wedding -

2 drops Lime
2 drops Juniper Berry
1 drop Clary Sage

Sunkissed -

2 drops Juniper Berry
2 drops Grapefruit
1 drop Wild Orange

Balanced bliss -

3 drops Balance
3 drops Citrus Bliss
2 drops Siberian Fir

Party thyme -

3 drops Lime
2 drops Thyme
2 drops Bergamot

Longer days -

2 drops Jasmine
2 drops Eucalyptus
1 drop Peppermint

Energising breath -

2 drops Wild Orange
2 drops Bergamot
1 drop Breathe/ Easy Air

Schools out -

3 drops Grapefruit
3 drops Wild Orange
2 drops Lemon
1 drop Bergamot

Summer is almost here -

3 drops Balance
3 drops Lime



June blends

Green was the silence, wet was the light, the month of June trembled like a butterfly.

(Pablo Neruda)

Summer in the Alps -

2 drops Lemon
2 drops Peppermint
1 drop Ylang Ylang

Stress less -

2 drops Balance
1 drop Vetiver
1 drop Lavender

Ocean waves -

3 drops Lavender
3 drops Lime
1 drop Spearmint

Picnic in the mountains -

4 drops Balance
2 drops Eucalyptus
2 drops Douglas Fir
1 drop Siberian Fir

Weekend living -

4 drops Ylang Ylang
4 drops Lavender
1 drop Geranium

Camping -

2 drops Cedarwood
2 drops Sandalwood
1 drop Cypress

Get outside -

2 drops Lemon
1 drop Basil
1 drop Douglas Fir

Coast time -

2 drops Frankincense
2 drops Cedarwood
2 drops Wild Orange
1 drop Rosemary

Vacay -

3 drops Patchouli
3 drops Bergamot



July blends

Real freedom lies in wilderness, not civilization.

(Charles Lindbergh)

Take a hike -

5 drops Cypress
2 drops Tea Tree
2 drops Cedarwood
1 drop Bergamot

The Great outdoors -

4 drops Rosemary
3 drops Cedarwood
2 drops Citrus Bliss
2 drops Juniper Berry

Summer nights -

4 drops Juniper Berry
2 drops Grapefruit
2 drops Bergamot
1 drop Ylang Ylang

Under the stars -

2 drops Lemon
2 drops Peppermint
1 drop Ylang Ylang

Staycation -

3 drops Balance
3 drops Bergamot

Bouquet of flowers -

3 drops Roman Chamomile
3 drops Geranium
3 drops Lavender

Beach days -

3 drops Patchouli
3 drops Wild Orange
2 drops Ylang Ylang

Ocean breeze -

3 drops Cedarwood
2 drops Frankincense
2 drops Citrus Bliss

Sandy toes -

3 drops Lime
3 drops Grapefruit
2 drops Citrus Bliss



August blends

"Shall I compare thee to a summer's day?"

(William Shakespeare)

Lemonade -

2 drops Lemon
1 drop Basil
1 drop Spearmint

Relaxing hammock -

3 drops Bergamot
3 drops Wild Orange
2 drops Serenity

Summer breeze -

5 drops Lemon
5 drops Wild Orange

Fresh air -

2 drops Tea Tree
2 drops Lemon
2 drops Lime

Picnic in the shade -

3 drops Purify
3 drops Peppermint
3 drops Citrus Bliss

Crystal tides -

3 drops Whisper
2 drops Purify
1 drop Lime

Dreaming of paradise -

3 drops Citrus Bliss
2 drops Sandalwood
3 drops Grapefruit

Summer nights -

2 drops Spearmint
2 drops Tangerine
2 drops Bergamot

Van life -

2 drops Juniper Berry
2 drops Grapefruit
1 drop Wild Orange



october blends

"A fallen leaf is nothing more than a summer's wave goodbye."

(Unknown)

Autumn campfire -

3 drops Douglas Fir
3 drops Frankincense
2 drops Sandalwood

Apple cider -

4 drops Wild Orange
3 drops Ginger
3 drops Cinnamon

Pumpkin pie -

3 drops Cinnamon
1 drop Clove
1 drop Cardamon

Ginger snap -

3 drops Ginger
2 drops Cassia
2 drops Clove

Apple pie -

2 drops Clove
2 drops Cinnamon
2 drops Ginger

Sweater weather -

4 drops Ginger
3 drops Cinnamon
2 drops Ylang Ylang

Crisp walk -

2 drops Frankincense
2 drops Patchouli
1 drop Lavender
1 drop Rosemary

Sweet fall -

4 drops Ongaard
2 drops Frankincense
1 drop Copaiba

Fallen leaves -

3 drops Wild Orange
2 drops Ginger
1 drop Patchouli



September blends

We must give more in order to get more. It is the generous giving of ourselves that produces the generous harvest.

(Orison Swett Marden)

Back to school -

2 drops Douglas Fir
2 drops Basil
2 drops Lemon

Fresh rain -

4 drops Lavender
4 drops Lime
1 drop Rosemary
1 drop Spearmint

Fall breeze -

5 drops Tangerine
3 drops Cinnamon
1 drop Clove

Rise + shine -

2 drops Spearmint
2 drops Lemon
2 drops Wild Orange

Routine -

3 drops Peppermint
3 drops Frankincense
3 drops Cardamom

Hay ride -

4 drops Lemon
2 drops Frankincense
1 drop Clove

Last glow -

4 drops Wild Orange
1 drop Ginger
1 drop Patchouli

Hint of fall -

3 drops Whisper
2 drops Eucalyptus
1 drop Cassia

Happy harvest -

3 drops Wild Orange
2 drops Frankincense
2 drops Cedarwood



November blends

"How beautifully leaves grow old. How full of light and color are their last days."

(John Burrows)

Wrap up -

2 drops Douglas Fir
2 drops Holiday Joy
1 drop Myrrh

Warm tones -

3 drops Tangerine
2 drops Ginger
1 drop Melissa

Rain rain go away -

2 drops Lavender
2 drops Bergamot
2 drops Cedarwood
1 drop Clary Sage

Golden leaves -

2 drops Siberian Fir
2 drops Cedarwood
2 drops Patchouli

Autumn hike -

4 drops Cypress
2 drops Sandalwood
2 drops Siberian Fir

Orange spice -

4 drops Wild Orange
2 drops Cardamom
1 drop Cinnamon

Welcome fall -

3 drops Wild Orange
2 drops Frankincense
1 drop Ginger
1 drop Clove

Enchanted forest -

3 drops Douglas Fir
3 drops Spearmint
2 drops Lime

Autumn leaves -

2 drops Cassia
2 drops Patchouli
2 drops Wild Orange



december blends

"No winter lasts forever; no spring skips its turn."

(Hal Borland)

Deck the halls -

2 drops Myrrh
2 drops Frankincense
3 drops Wild Orange
2 drops Cedarwood

Freshly fallen snow -

3 drops Siberian Fir
2 drops Cardamon
1 drop Clove

Sugar plum -

3 drops Citrus Bliss
2 drops Douglas Fir
1 drop Motivate

Candy cane -

4 drops Peppermint
3 drops Bergamot

Goal setting -

2 drops Peppermint
2 drops Frankincense
1 drop Ylang Ylang

Merry + bright -

2 drops Lemon
1 drop Wild Orange
1 drop Douglas Fir
1 drop Citrus Bliss
1 drop Cinnamon

Blue christmas -

1 drop Balance
1 drop Juniper
1 drop Peace

Spiced cider -

3 drops Wild Orange
2 drops Cinnamon
1 drop Cardamon
1 drop Clove

Seasons greetings -

2 drops Wild Orange
3 drops Citrus Bliss
2 drops Juniper Berry
1 drop Lemongrass