

# DIFFUSING ESSENTIAL OILS

Everything You've Ever Wanted to  
Know about Diffusing Essential Oils



BY JADE SHUTES



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Written by: Jade Shutes, Chapel Hill, NC 2018

# WELCOME TO DIFFUSING ESSENTIAL OILS

Creating your own 'smellscape' through diffusing authentic plant-derived aromatics into one's environment can inspire & uplift, relieve tension, ease stress, reduce anxiety and support immunity.

Aromatics are capable of altering emotions and perceptions with only one molecule!



# WHAT IS DIFFUSION?

The word 'diffusion' is defined as: the state of being spread out or transmitted especially by contact : the action of diffusing (to pour out and permit or cause to spread freely)

Diffusion, in our case, refers to

"a method of transmitting essential oils (volatile components) into the air within a specified area and for a specified reason/goal".





# TYPES OF ENVIRONMENTAL DIFFUSERS



## NEBULIZER

- As air is pushed from the pump into the glass chamber the essential oil 'breaks' against the baffles where by the essential oil is discharged into the atmosphere in a fine mist of micro droplets.



## ULTRASONIC DIFFUSER

- An ultrasonic diffuser uses ultrasonic vibrations that disperse the essential oil (aromatics) into a fine mist.



## CANDLE OR ELECTRIC DIFFUSER

- Gently heats water with essential oils (or synergy). As the water heats, aromatics are slowly released into the environment.



## FAN DIFFUSER

- Air is blown through a pad with essential oils releasing an aroma into the air.



# NEBULIZING DIFFUSER

*The electric micro-diffuser consists of two parts:* an air pump and a hand blown glass expansion chamber (nebulizer) with special internal tubes and baffles.

As air is pushed from the pump into the glass chamber the essential oil 'breaks' against the baffles where by the essential oil is discharged into the atmosphere in a fine mist of micro droplets.

## How to Use:

1. Place 1-4 milliliters (20-80 drops) of essential oil into the glass basin or other holding area.
2. Turn the diffuser on.
3. The ionized micro droplets will stay suspended in the air during the time the diffuser is off.

**Time:** The standard recommended time for a nebulizing diffuser is 10-30 minutes then off for 1-4 hours. Repeat as desired.

## NOTES

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## NOTES

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# ULTRASONIC DIFFUSER

An ultrasonic diffuser uses ultrasonic vibrations to disperse the essential oils as tiny microparticles that enter the environment as a cool aromatic mist. It uses water as the medium to hold drops of essential oils.

**Insight:** The mist is not steam – which implies heat.

## How to use:

1. Remove cover of unit then add water to the container until it reaches the water marker.
2. Add essential oils or synergy into the water.
3. Replace the cover.
4. Connect unit to a power source.
5. Turn diffuser on.
6. Select desired time setting for the mist.
7. LED light can be turned off independently.

**Time:** Diffuse 30-60 minutes then turn off. Wait 1 to 4 hours. Repeat as desired.

## NOTES

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## NOTES

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# CANDLE/ELECTRIC DIFFUSER

A candle or electric diffuser gently heats water with essential oils (or synergy). As the water heats, aromatics are slowly released into the environment.

## How to use:

1. Fill 'basin' with water
2. Add 5-15 drops of essential oil or synergy
3. Light candle or turn on (if electric)
4. As water warms, aromatics will waft into the air

**Time:** The standard recommended time for a candle or electric diffuser is 60-90 minutes and then off for 2-4 hours. If desired, one can turn on again and repeat.

## NOTES

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## NOTES

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# FAN DIFFUSER

- Fan diffusers work by slowly warming filtered plates that then release the aromatics that have been placed on a pad.

## How to Use:

1. Place 5-10 drops essential oil or synergy onto pad.
2. Place pad in unit.
3. Turn unit on.

**Time:** Diffuse 60 -90 minutes then turn off. Can continue this every 2 to 4 hours as desired.

## NOTES

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## NOTES

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# TYPES OF PASSIVE DIFFUSION



## CLAY OR TERRACOTTA PASSIVE DIFFUSER

Simply add 2-5 drops to clay or terra cotta and place close to where you are sitting. Spend a few moments breathing in and out being mindful of the aromatics wafting in the air.



## PERFUME LOCKETS / PENDANTS



Simply add 2-5 drops to pad and wear throughout day. Spend a few moments breathing in and out being mindful of the aromatics wafting in the air.

# WHY IS THERE A TIME FRAME FOR DIFFUSING?

## Odor Adaptation/Habituation and Fatigue

◦ **Adaptation** is when the perceived intensity of a smell declines after one has been exposed to it for some time. The smell itself does not disappear rather the individual has adapted to it and is no longer consciously registering it, even though it is still present.

◦ **Habituation**, on the other hand, is a decrease in responsiveness to repeated or prolonged stimulation. Think: the aroma/smell of your home. You have become habituated to it.

Habituation and adaptation allow sensory systems to filter background or currently nonsignificant stimuli, while maintaining responsiveness to novel stimuli.

## Can you over diffuse?

Yes, and here is what someone may experience:

◦ **The nervous system** may begin to react in the opposite direction caused by over-stimulation. Presentation may include: irritability, headache, inability or difficulty concentrating, light-headedness, either sleepiness or over stimulated (agitation)

◦ **The respiratory system** may be negatively impacted. Presentation may include: irritation of the eyes and upper respiratory mucosa irritation, with possible tingling, burning, or stinging sensations





# WHY DIFFUSE ESSENTIAL OILS

01

To Support  
Emotional Well-  
being

02

To Support  
Health of  
Respiratory System

03

To Support  
Immunity and  
Resiliency



The medical profession does not define a category of illnesses that encompasses the effect of allostatic load. Prevention and treatment of stress and its effects on the HPA axis are not considered a part of preventative care or treatment for the numerous and serious stress-related diseases mentioned throughout this section. Yet the symptoms of HPA axis dysregulation are rampant in modern society.

*continued on next page*



Aside from overt dysfunction and disease [reproductive disorders and endocrine dysregulation, insulin resistance (syndrome X) and obesity, chronic fatigue syndrome (CFS), cardiovascular disease, osteoporosis, impaired immunity and autoimmune disorders, thyroid disorders, cognitive impairment, chronic anxiety and major depression], Americans are plagued by fatigue and exhaustion, insomnia, emotional frustration, digestive problems, weight problems, menstrual problems, infertility, menopausal problems, headaches, susceptibility to colds, musculoskeletal tension, allergies and asthma, atopic conditions, and numerous other problems that can be related to stress and chronic HPA hyperfunctioning or hypofunctioning.

- Romm, A. (2010). *Botanical Medicine for Womens Health*. St. Louis, MO: Churchill Livingstone..

# AROMATICS



Diffusing essential oils into the environment can potentially offer a wide range of benefits including:

- Reduce or alleviate stress and anxiety
- Relieve pain by altering pain perception (in the brain)
- Induce sleep or relaxation
- Increase alertness and overall performance
- Be used for weight control or loss
- Improved duration and patterns of sleeping
- Affect and improve mood and increase overall emotional well-being
- Ease physical ailments, particularly stress-related disorders
- Help shape our impressions of self and others
- A reduction of adrenal corticosteroid output to within normal parameters
- Reduction of blood pressure
- Increased concentration levels
- Immune response modulation
- Improved sense of well-being
- Great ability to cope with immediate or long-term stressors (Resiliency)
- Reduction in muscular tension

Reference: Horrigan, C. Aromatherapy in the management and treatment of rheumatoid and musculoskeletal autoimmune disorders: Part III. The International Journal of Aromatherapy (2005)15, 15-23.

# ESSENTIAL OILS FOR DIFFUSION

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- Basil ct. linalool (*Ocimum basilicum*)
- Bergamot (*Citrus bergamia*)
- Bergamot mint (*Mentha citrata*)
- Bitter orange (*Citrus aurantium* var. *amara*)
- Black pepper (*Piper nigrum*)
- Cape chamomile (*Eriocephalus punctulatus*)
- Cardamom (*Elettaria cardamomum*)
- Celery seed (*Apium graveolens*)
- Chamomile Roman (*Chamaemelum nobile*)
- Chamomile, German (*Matricaria recutita*)
- Cinnamon leaf (*Cinnamomum verum*)
- Clary sage (*Salvia sclarea*)
- Coriander seed (*Coriandrum sativum*)
- Cypress (*Cupressus sempervirens*)
- Elemi (*Canarium luzonicum*)
- *Eucalyptus globulus*
- *Eucalyptus radiata*
- Fennel, Sweet (*Foeniculum vulgare*)
- Fir Species (*Abies* sp.)
- Frankincense (*Boswellia* sp.)
- Geranium (*Pelargonium x asperum*)
- Ginger (*Zingiber officinale*)
- Grapefruit (*Citrus paradisi*)
- Green myrtle (*Myrtus communis*)
- Hemlock, Spruce (*Tsuga canadensis*)
- Himalayan Cedar (*Cedrus deodara*)
- Hyssop (*Hyssop officianalis* var. *decumbens*)
- Inula (*Inula graveolens*)
- Juniper berry (*Juniperus communis*)

# ESSENTIAL OILS FOR DIFFUSION

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- Katafray (*Cedrelopsis grevei*)
- Laurel (*Laurus nobilis*)
- Lavandin (*Lavandula x intermedia*)
- Lavender (*Lavandula angustifolia*)
- Lemon (*Citrus limon*)
- Lime (*Citrus aurantifolia*)
- May chang (*Litsea cubeba*)
- Mandarin (*Citrus reticulata*)
- Marjoram, Sweet (*Origanum majorana*)
- Monarda (*Monarda fistulosa*)
- Neroli (*Citrus aurantium* var. *amara*)
- Niaouli (*Melaleuca quinquenervia*)
- Nutmeg (*Myristica fragrans*)
- Orange, Sweet (*Citrus sinensis*)
- Palmarosa (*Cymbopogon martinii*)
- Palo Santo (*Bursera graveolens*)
- Peppermint (*Mentha x piperita*)
- Petitgrain (*Citrus aurantium* ssp. *amara*)
- Pine species (*Pinus* sp.)
- Pinon pine (*Pinus edulis*)
- Ravintsara (*Cinnamomum camphora*)
- Rosemary (*Salvia rosmarinus*)
- Saro (*Cinnamosma fragrans*)
- Spearmint (*Mentha spicata*)
- Spruce, Black (*Picea mariana*)
- Tea tree (*Melaleuca alternifolia*)
- Thyme (*Thymus vulgaris*)
- Valerian (*Valeriana officinalis*)
- Yarrow (*Achillea millefolium*)
- Ylang ylang (*Cananga odorata*)
- Yuzu (*Citrus junos*)



# ESSENTIAL OILS WE **DON'T** RECOMMEND DIFFUSING!

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## Potentially Toxic or Highly Irritating

- Cinnamon bark
- Garlic
- Camphor-rich essential oils
- Birch
- Wintergreen
- Artemisia species
- Sage
- Hyssop ct. pinocamphone
- Rosemary ct camphor

## Very Expensive! Use only when in acute situation.

- German chamomile
- Neroli
- Rose essential oil
- Helichrysum (*Helichrysum italicum*)

## Viscous Essential Oils

- Vetiver
- Patchouli
- Sandalwood
- Absolutes (Jasmine or Rose)

# AROMATIC DIFFUSOR STOCK BOTTLE RECIPES

Each recipe is designed to fill a 15ml stock bottle.

15ml - We recommend you measure in milliliters versus drops



## INSPIRE RESILIENCE

- 5mls Scots Pine (*Pinus sylvestris*)
- 6mls Black Spruce (*Picea mariana*)
- 4mls Lemon (*Citrus limon*)



## CALMING

- 4mls Petitgrain (*Citrus aurantium* ssp. *amara*)
- 6mls Clary sage (*Salvia sclarea*)
- 5mls Yuzu (*Citrus junos*)



## FOREST INSPIRATION

- 7mls Pinon Pine (*Pinus edulis*)
- 5mls Douglas fir (*Abies alba*)
- 3mls Mandarin (*Citrus reticulata*)



## CITRUS SUNSHINE

- 5mls Sweet Orange (*Citrus sinensis*)
- 5mls Grapefruit (*Citrus paradisi*)
- 5mls Lime (*Citrus aurantifolia*)

# FOR KIDS



## Infants

### Afternoon Nap

Select 1 or more hydrosol and add  
1/4 to 1/2 cup to Ultrasonic  
diffuser.

German chamomile hydrosol  
Lavender hydrosol  
Rose hydrosol

## 1+

### Support Respiratory Health

Select 1 or more hydrosol and add  
1/4 to 1/2 cup to Ultrasonic  
diffuser.

Rosemary hydrosol  
Green myrtle hydrosol



## 3+

### Calm the mind, Soothe the Spirits

6 drops Sweet Orange  
4 drops Lavender  
3 drops Roman chamomile

Add to ultrasonic  
or nebulizing diffuser.



## 10+

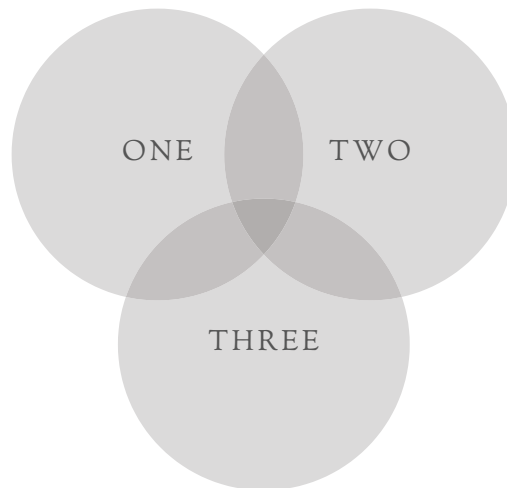
### Study Support

5 drops Rosemary ct. cineole  
3 drops Basil ct. linalool  
7 drops Lemon

Add to ultrasonic  
or nebulizing diffuser.

# HOW TO CREATE YOUR OWN SYNERGY

The Aromatic Studies Approach to Blending  
by Jade Shutes



## How to select essential oils

### 1. Core essential oil

The core essential oil is chosen based upon your primary purpose/goal and is considered the heart of the synergy.

### 2. Enhancer essential oil

The enhancer essential oil strengthens the core essential oil in its purpose and therapeutic action.

### 3. Harmonizing essential oil

The harmonizing essential oil supports and enhances the vitality and purpose of the overall synergy. The harmonizing essential oil often has a decisive impact on the overall aroma and is chosen for both its aroma and ability to enhance the goals of the synergy.

# Q&A

Most common questions about safety and diffusing essential oils

To Answer Questions, View Video:

[Diffusing Essential Oils](#)

01

Is it safe to diffuse essential oils if I have a cat (or cats)?

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02

Is it safe to diffuse around my newborn or infant?

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03

Are some essential oils dangerous to diffuse?

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# CHECK LIST PRIOR TO DIFFUSING

Here are a few items to review when considering diffusing essential oils.

## ESSENTIAL OILS

All essential oils being diffused should be genuine and authentic essential oils. Fragrance oils and synthetic oils are more likely to lead to adverse reactions including headaches and nausea.

## SAFE FOR KIDS or PETS

Are there kids or pets around? Have you chosen your essential oils based upon their safety around kids? Do pets have space to move around? Is there good ventilation? Remember to use gentle hydrosols in a Ultrasonic diffuser for infants.

## INTENTION

Read about the power of Intention on our blog!

Have an intention for diffusing. Intention is a mental structure, which creates a pathway along which energy can move and elicit desired responses. Intention allows for focus and concentration on goals. What is your intention in creating a synergy? What is your intention for diffusing?

## READ INSTRUCTIONS

Be sure to read instructions for the specific diffuser you are using.

# RESOURCE LIST



## NEBULIZING DIFFUSERS

[Organic Aromas](#)

[Snow Lotus](#)



## ULTRASONIC DIFFUSERS

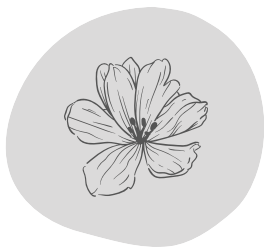
[Plant Therapy](#)

[Organic Aromas](#)

[Aura Cacia](#)

[Sage Aromatherapy](#)

[Vitruvi](#)



## CANDLE DIFFUSERS

Explore Etsy for handmade candle diffusers.



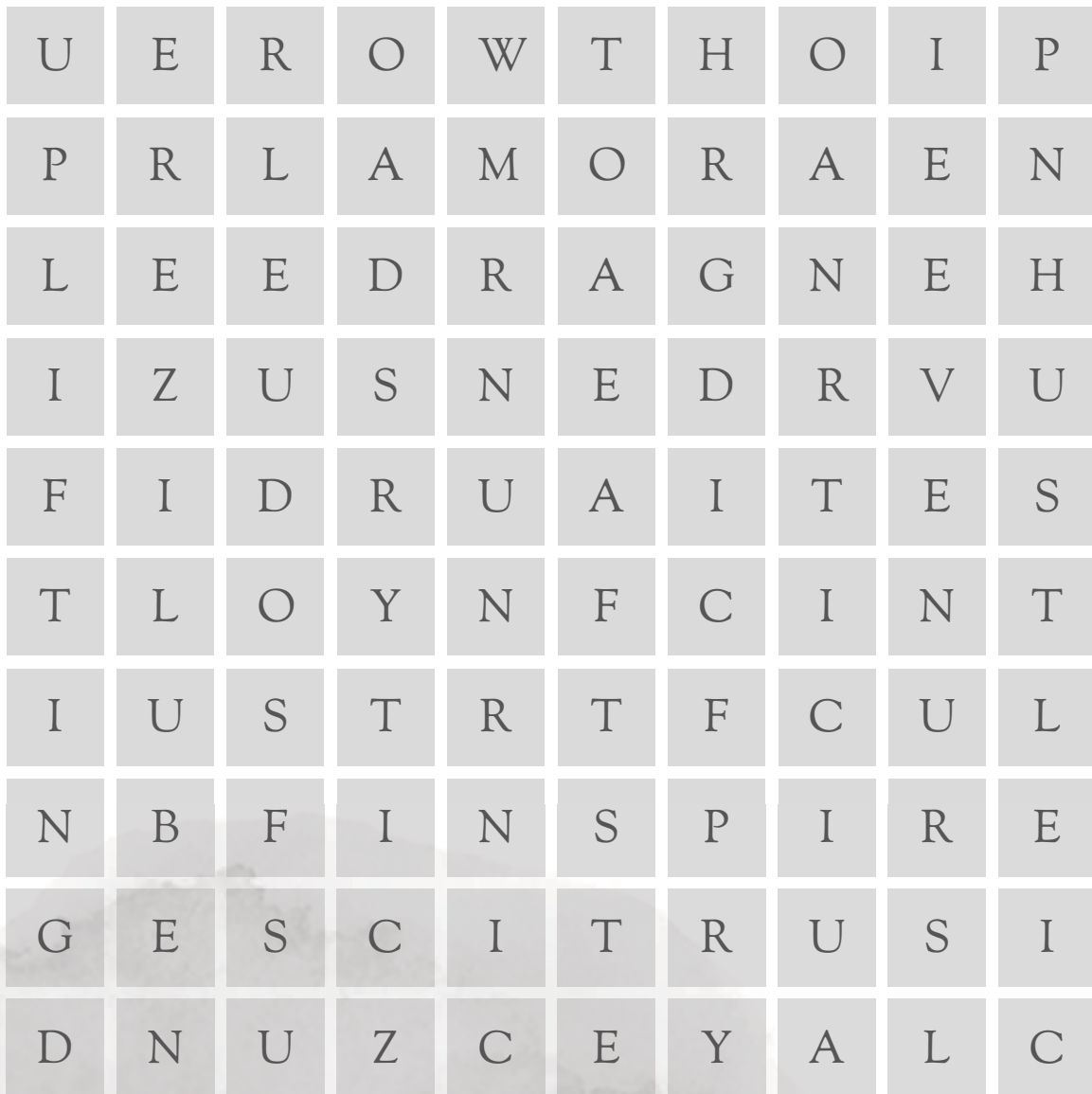
## MISC. DIFFUSERS

[Plant Therapy](#)

[Natures Gift](#)

[Aura Cacia](#)

# WORD SEARCH FUN



## WORDS TO FIND

- Diffuser
- Citrus
- Inspire
- Candle
- Aroma
- Nebulizer
- Pendant
- Clay
- Uplifting

## NOTES

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## NOTES

[illegible]

A white, teardrop-shaped essential oil diffuser is centered in the image. It has a rounded, bulbous base and a long, tapered neck that ends in a small, rounded cap. The diffuser is placed on a dark brown wooden surface with a visible grain. The background is a lighter, warm-toned wood. The overall lighting is soft and even.

# Diffusing Essential Oils:

*Everything You've Ever Wanted to Know*

AROMATICSTUDIES.COM

BE INSPIRED!