



FEEL GOOD

DIY DIFFUSERS & BLENDS

CHEAT SHEET



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CERTIFIED AROMATHERAPIST

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Meet Your Guide, KATIE VELDKAMP

Hi there! Katie here.

I love how scent can completely transform a space—making it feel cozy, bright, or calm in just a few minutes. This guide is all about helping you create those moments in your own home using easy, fun diffuser recipes you can feel good about.

Inside, you'll find tips, recipes, and inspiration to help you start diffusing like a pro. You don't need to be an expert—just a little curiosity and the joy of making something yourself. Whether you're filling your living room with a cozy holiday blend, enjoying a fresh shower diffuser in the morning, or gifting a handmade reed diffuser, these recipes are simple, satisfying, and ready for you to try.

At Simply Earth, we're here to make DIYs approachable and enjoyable. We provide pure, tested ingredients, step-by-step recipes, and a community of makers who love creating natural products together. Our Recipe Box is like a monthly DIY adventure, guiding you to make new products with confidence—plus connecting you with other makers who share your passion.

So, pour yourself a cup of something warm, flip through this guide, and pick your first recipe to try. I can't wait for you to experience the joy of making.



Katie's Author Bio: Katie Veldkamp is a co-founder of Simply Earth the pure essential oil company that teaches you how to use essential oils at honest prices. She's a certified aromatherapist and loves teaching people how to make their own products using essential oils. Her super power is cutting through the confusing and overwhelming misinformation about essential oils on the internet. She brings people confidence and clarity on how to use essential oils to make their own products. Her essential oil journey started with trying to solve her stinky feet problem. Now she teaches thousands of people to make their own recipes each month with the Simply Earth Essential Oil Recipe Box, Essential Oil Hero Course, and her Essential Oil Recipe Books.



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Why Diffusing is a Game Changer



Diffusing essential oils is one of the easiest and most enjoyable ways to experience their benefits. With just a few drops, you can change the atmosphere of a room, support your mood, and make your space smell amazing—all without lighting a candle or spraying questionable chemicals into the air.

Here are some of the many ways diffusing can make a difference:

🌿 **Set the mood**

Create a cozy, relaxing space for winding down... or an uplifting, energizing vibe to start your day.

🌿 **Freshen the air naturally**

Diffuse instead of masking odors with synthetic scents.

🌿 **Support seasonal wellness**

Many essential oils can help open airways and promote a sense of well-being.

🌿 **Make it personal**

Blend oils that feel just right for your home, your family, and your season.

🌿 **Easy to switch up**

One day can smell like warm coffee and spices, the next like crisp citrus or fresh greens.

Whether you're enjoying a quiet morning with a cup of tea or hosting a holiday gathering, diffusing helps you create a space that feels good to be in.

Common Mistakes People Make When Diffusing

Diffusing essential oils is simple, but a few common missteps can keep you from getting the best results. Here's what to watch out for—and how to fix it.



USING TOO MUCH ESSENTIAL OIL

A little goes a long way. Start with the number of drops recommended for your diffuser size—usually 4–6 for an average room—and adjust if needed. Too much oil can feel overpowering.



NOT CLEANING YOUR DIFFUSER

Oils can build up and affect how your blends smell. Give your diffuser a quick clean every week or two to keep it fresh and working well.

DIFFUSING NONSTOP

Your nose (and your diffuser) need breaks! Try diffusing for 30–60 minutes, then pausing to let the scent fade naturally. Some of our Simply Earth diffusers even have intermittent modes, so you can set them to run in cycles without having to remember to turn them off.



USING LOW-QUALITY OR UNTESTED OILS

Not all oils are created equal. Pure, GC/MS-tested oils ensure you're getting the full benefits without unwanted additives. (That's why we only use pure, tested oils in the Simply Earth Recipe Box.)

FORGETTING ABOUT OTHER DIFFUSER TYPES

Electric diffusers are great, but there's a whole world of options—like reed diffusers, shower diffusers, wearable aromatherapy, and even passive diffusers like our unicorn, succulent, and flower designs—that help you enjoy scent in new ways.



Best Ingredients & Tools for Diffusers

Any essential oil can be used in a diffuser or diffuser blend—just be sure to check its safety to make sure it works for you and your family.



Best Essential Oils for Diffusing

🌿 SET THE MOOD

Create a cozy, relaxing space for winding down... or an uplifting, energizing vibe to start your day.



WINTER SPICE

Warm and inviting, perfect for holiday gatherings or relaxing evenings.



MANDARIN GREEN

Bright, sweet, and cheerful—great for boosting your mood.



COFFEE

Rich and comforting, perfect for cozy mornings.



MANDARIN GREEN

Crisp and citrusy for a clean, fresh feel.



CLOVE (BUD)

Spicy and purifying, great for refreshing the air.

🌿 SUPPORT SEASONAL WELLNESS

Many essential oils can help open airways and promote a sense of well-being.



CLOVE (BUD)

Traditionally used for its cleansing and comforting properties.



WINTER SPICE

Combines oils known for seasonal support.

💡 *Tip: Try pairing oils—like Winter Spice + Coffee for a warm kitchen vibe, or Mandarin + Clove for a bright, nostalgic holiday scent.*

✦ DIFFUSER TYPES



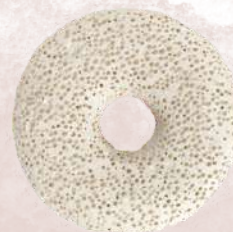
ELECTRIC DIFFUSERS

Quickly fill a room with customizable blends and use intermittent modes, like the Stone Diffuser, for breaks.



REED DIFFUSERS

Low-maintenance and decorative—perfect for a steady, gentle scent.



SHOWER DIFFUSERS

Turn steam into an aromatherapy experience



WEARABLE & ON-THE-GO AROMATHERAPY

Jewelry, clip-ons, car diffusers, and aromatherapy inhalers for enjoying your favorite scent wherever you are.



SCENTED SENSORY DOUGH

Like our Whiff & Wonder Aromatherapy Dough recipe, which combines natural essential oils with a soft, moldable dough for a playful way to enjoy scent.

✦ BONUS: WAX WARMERS & MELTS



A great way to enjoy fragrance without a flame. Our Desert Bloom Wax Melt Kit lets you create beautiful melts with pure essential oils or Safer Fragrance Oils—like the refreshing Coastal Cactus—so you can customize your scent your way

Shopping List

Before you start, here's what you'll need for the recipes in this guide. You might already have some of these at home!



✦ Essential Oils & Blends

- Winter Spice Essential Oil Blend
- Coffee Essential Oil
- Mandarin (Green) Essential Oil
- Clove (Bud) Essential Oil



✦ Diffuser Tools

- Electric diffuser
- Reed diffuser sticks or bouquet
- Lava rock or shower diffuser
- Passive diffuser (unicorn, succulent, flower)
- Aromatherapy inhaler

✦ Fun Extras

- Wax warmer + wax melt molds (for use with the Desert Bloom Wax Melt Kit)
- Mica Powder - to create colorful aromatherapy dough



✦ Household Basics

- Water (distilled works best)
- Flour, cornstarch and salt (to make DIY aromatherapy dough)
- 5mL bottle for storing stock bottles of blends

💡 Want everything in one box?

Skip the shopping and grab the Simply Earth Recipe Box or a DIY Kit. You'll get the key ingredients, step-by-step recipes, and access to our maker community—all delivered to your door.

www.simplyearth.com/box



Hearth Light Diffuser Blend



From Simply Earth

- 3 drops Mandarin Essential Oil
- 2 drops Clove Essential Oil
- 2 drops Winter Spice Essential Oil Blend
- 1 drop Coffee Essential Oil

- 1 Add essential oils to diffuser according to diffuser's instructions. Diffuse in an open room for a festive and uplifting aroma.
- 2 To make a stock bottle of this blend, add 25 drops Clove, 37 drops Mandarin, 25 drops Winter Spice, and 9 drops Coffee to a 5mL bottle from your Big Bonus Box. To diffuse, add a few drops from your stock bottle to your diffuser following the diffuser's guidelines.



Winter Ember Roll-On



From Simply Earth

- ~10 mL Fractionated Coconut Oil
- 3 drops Mandarin Essential Oil
- 1 drop Clove Essential Oil
- 1 drop Coffee Essential Oil
- 1 drop Winter Spice Essential Oil Blend
- Roll-On Bottle

- 1 Add essential oils to Roll-On Bottle. Swirl to mix. Fill the rest of the way with Fractionated Coconut Oil. Replace cap and add label.
- 2 To use, apply to wrists, neck, or pulse points as needed for comfort, calm, and holiday cheer on the go.



Solace Air Inhaler



From Simply Earth

- 3 drops Mandarin Essential Oil
- 2 drops Coffee Essential Oil
- 1 drop Winter Spice Essential Oil Blend
- Aromatherapy Inhaler

- 1 Remove the circular plug from the base of the inhaler and remove the cotton wick. Add essential oils to the wick and replace it into the inhaler, snapping the plug back into place. Label.
- 2 To use, open the inhaler and hold it near the nose, inhaling deeply to support feelings of joy. Use as needed to boost your mood and focus throughout the day. Refresh the inhaler with more essential oils as needed.



Morning Glow Shower Diffuser



From Simply Earth

- Lava Rock Shower Diffuser
- String
- 2 drops Mandarin Essential Oil
- 1 drop Coffee Essential Oil

- 1 Tie the string securely around the lava rock, leaving enough length to hang it from your shower head or curtain rod.
- 2 Add essential oils directly onto the lava rock.
- 3 Hang the lava rock near your shower head — not directly under the stream of water, but where it will catch gentle steam.
- 4 Enjoy the uplifting and energizing aroma as you shower.

Tip: You can use any of your favorite essential oils on this diffuser!



Mini Joy Reed Diffuser



From Simply Earth

- 2 tsp Fractionated Coconut Oil
- 3 drops Winter Spice Essential Oil Blend
- 2 drops Coffee Essential Oil
- 2 drops Mandarin Essential Oil
- 1 drop Clove Essential Oil
- Reed Bouquet



From Your Home

- Small narrow necked vessel or empty 15mL essential oil bottle 
- 1 tsp Perfumer's Alcohol  or vodka
- Earth & Wood Diffuser Pack (optional)

- 1 Add Fractionated Coconut Oil and Perfumer's Alcohol (or vodka) to your empty essential oil bottle or narrow necked vessel.
- 2 Add essential oils. Swirl gently to mix.
- 3 Insert the Reed Bouquet — you can use some or all of the pieces, depending on your preference. (Note: the green stem will tint the solution and diffuser sticks green.) If you're also using the Earth & Wood Diffuser Pack, add 1–2 reeds to your 15 mL bottle along with the wood cap.
- 4 To use, place diffuser in a bathroom, desktop, or other small space out of reach of pets and children. As the reeds soak up the base, the aroma will naturally diffuse into the air. This can take about 12–24 hours. Over time the scent will soften; refresh the diffuser as needed. To boost the scent in the space, give the reeds a little swirl.

Tip: Reed diffusers use passive diffusion — a gentle method that relies on evaporation rather than misting or heat. Because the scent disperses slowly and at a low concentration, this form of diffusion is typically safer to use around kids and pets. Still, always use essential oils mindfully, place diffusers in well-ventilated areas, and allow pets to leave the room if they choose.



Whiff & Wonder Dough Set



From Simply Earth

- 1 Tbsp Almond Oil
- 8 drops (divided) Mandarin Essential Oil
- 1 drop Coffee Essential Oil
- 3 drops (divided) Winter Spice Essential Oil Blend

🏠 From Your Home

- 1 cup all-purpose flour
- ¼ cup salt
- ¼ cup cornstarch
- 2 tsp cream of tartar (optional)
- ¾ cup hot water
- ¼–½ tsp mica powder in various colors (see suggested colors below or choose your own!) 🛒 or food coloring
- 🛒 ¾ tsp (divided) Geogard ECT (optional)*

- 1 In a saucepan, mix dry ingredients (excluding the mica powder).
- 2 Add hot water and Almond Oil.
- 3 Heat gently while stirring until it thickens and forms a ball that pulls cleanly from the pan (approx. 10 minutes).
- 4 Let cool slightly, then knead until smooth. You can start playing with the dough as is, or create a Whiff and Wonder Dough Set as described below.
- 5 Divide mixture into four parts. To each part add the essentials oils, 1% (~18 drops) Geogard ECT*, and suggested mica powder (or a similar food coloring) to color the dough (optional). The more mica added, the more vibrant the color.
Snowdrift Bloom: 3 drops Mandarin + Pearl Mica Powder
Tangerine Glow: 2 drops Mandarin + 1 drop Winter Spice + Rose Red Mica Powder
Evergreen Spark: 1 drop Mandarin + 2 drops Winter Spice + Forrest Green Mica Powder
Cocoa Grove: 2 drops Mandarin + 1 drop Coffee + Mocha Mica Powder
- 6 Knead each part until colors and essential oils are completely combined.
- 7 Store in an airtight container. To use, play with the dough and enjoy! You can even bake your creations to preserve as keepsakes.
- 8 To bake, preheat your oven to 200°F (93°C) — a low temperature is important to prevent cracking. Place shapes on a parchment-lined baking sheet. Bake for 1–2 hours, flipping halfway through to ensure even drying. Small, flat shapes may finish in 45–60 minutes. Thicker items may take up to 2 hours. Cool completely before handling or decorating.



Whiff & Wonder Dough Set (cont'd)

- **Shelf Life Tips:**

This dough is best enjoyed within 1–2 weeks. For longer use, add a natural preservative like Geogard ECT (1%) at the same time the essential oil is added and store in an airtight container (don't add Geogard ECT if you plan to bake your creations). Baked creations will last indefinitely and can act as passive diffusers when you add essential oils to them.





Desert Bloom Wax Melts



From Simply Earth

- 16 oz (divided) Clean Burn Soy Wax
- 1 bottle (15 mL, divided) Coastal Cactus Safer Fragrance Oil
- 1 bottle (15 mL, divided) Ho Wood Essential Oil
- 1 bag (1g) Rose Red Mica Powder
- 2x 16oz Amber Plastic Jars
- Flower Mold
- Dot Mold
- Labels

- 1 Prep the molds by placing them on trays or pans to make them easy to move later.
- 2 Add half (8oz) of the soy wax to a double boiler or microwave-safe pitcher. Gently heat the wax on the stove or in the microwave using short intervals to melt (aim for 180°F if you have a thermometer).
- 3 Add 1 ½ tsp Ho Wood Essential Oil and 1 ½ tsp Safer Fragrance Oil to the melted wax. Slowly stir for 2 minutes.
- 4 Pour the scented wax into the two molds. Use a spatula or a scraper tool to fully spread the wax in the cavities. Move the molds into the fridge to set (about 30 minutes).
- 5 Add the remaining 8oz of wax to the pitcher and gently melt. Add the mica powder, remaining essential oil, and safer fragrance oil (about 1 ½ tsp each) to the wax and gently stir for two minutes. Place on a low heat to remain pourable until the first wax melts have set.
- 6 Once the first pour of wax melts have set, remove them from the molds. This can get messy, so do this over a piece of parchment paper (or similar product) for easy clean up. Set wax melts aside.
- 7 Pour the remaining melted wax into the now empty molds. Place in the fridge to set. Once set, remove the the wax melts from the molds over a piece of parchment paper.
- 8 Place a combination of the wax melt shapes and colors into the jars and label. Let the wax melts sit undisturbed for 2-3 days for best scent throw.
- 9 To use, add about 2 Tbsp of wax melts to your warmer. Let the soft scent create a cozy, inviting atmosphere.



More Ways to Enjoy Scent

Want another way to fill your home with fragrance—without a flame? Try our Desert Bloom Wax Melt Kit! You'll make beautiful, long-lasting melts using pure essential oils and our Coastal Cactus Safer Fragrance Oil.



Tips for Getting The Most Out of Your Recipes



1. Start small with blends

Essential oils are powerful—begin with the recommended number of drops and adjust until the scent feels just right for you.

2. Switch it up seasonally

Try warm, spicy blends like Winter Spice + Coffee in the colder months, and lighter citrus blends like Mandarin + Clove in early spring.

3. Make it giftable

Package reed diffusers, roll-ons, or wax melts with a handwritten tag. It's a thoughtful, handmade gift anyone will love.

4. Keep tools clean

A quick clean after every few uses helps diffusers last longer and keeps your scents pure.

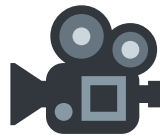
5. Explore new diffuser types

If you love one recipe, try it in a different form—turn a favorite diffuser blend into a reed diffuser, shower diffuser, or even a wax melt.

6. Have everything on hand

The easiest way to keep creating is to have your ingredients ready to go. Our Simply Earth Recipe Box and DIY Kits come with the key ingredients so you can skip the store run and get straight to making.

Join Me Live!



Let's make these recipes together!

On December 18 at 2:00 PM CST, I'll be hosting a live workshop where we'll walk through some of my favorite recipes from this month's DIY Diffusers + Feel Good Diffuser Blends Recipe Box. You'll see exactly how to make them, get tips to make each recipe your own, and have the chance to ask me questions in real time.



Bring your Recipe Box, gather your ingredients, and let's create side-by-side. It's the perfect way to try your first recipe, learn new skills, and have fun with the Simply Earth maker community.



When: December 11



Time: 2:00 PM CST



Where: Live on Simply Earth's YouTube page



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12+ months of different Natural DIY products + access to that topic's Hero Course!



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DIY Diffusing

WHAT'S INSIDE?

- ✓ Winter Spice Essential Oil Blend
- ✓ Coffee Essential Oil
- ✓ Mandarin (Green) Essential Oil
- ✓ Clove (Bud) Essential Oil

EXTRAS:

- ✓ Reed Bouquet
- ✓ Aromatherapy Inhaler
- ✓ Lava Rock Essential Oil
- ✓ Shower Diffuser

FREE BIG BONUS BOX

- ✓ Hearth Light Diffuser Blend
- ✓ Winter Ember Roll-On
- ✓ Mini Joy Reed Diffuser
- ✓ Morning Glow Shower Diffuser
- ✓ Solace Air Inhaler
- ✓ Whiff & Wonder Dough Set



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Make DIY Wax Melts



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DIY Wax Melts Kit

Natural, Fast, and Easy to Make in a One -Time Kit

WHAT'S INSIDE?

- ✓ Ho Wood Essential Oil
- ✓ Coastal Cactus Safer Fragrance Oil

EXTRAS:

- ✓ Clean Burn Soy Wax
- ✓ Rose Red Mica Powder
- ✓ Amber Plastic Jars
- ✓ Flower Mold
- ✓ Dot Mold
- ✓ Labels

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