

Oils First News

Diffusers

If you are in love with essential oils and you purchased a Premium Starter Kit you will most have a diffuser. You also have probably discovered that diffusing can dramatically improve air quality in your home without adding toxic chemicals.

In this newsletter we will discuss the types of diffusers on the market and share tips for getting the most out of your diffuser.

There are different types of diffusers on the market. Some main categories are Ultrasonic, Atomizer, Fan, and Burners. Young Living offers options in all four categories. In my opinion, the most effective are Ultrasonic or Atomizer diffusers. We will go into more details on the next page.

A common question is how many drops should I diffuse and how long should I diffuse?

When you are new to diffusing, I always say start low and go slow! Less is more until you determine what is right for you and your family. When I first started diffusing I would only add two or three drops in my ultrasonic diffuser, but lately some oils I have been adding as many as 10-12 drops. Often you will find recommendations on the bottle or website as to how many drops to use.

We hope you were able to join the class for further details, if not see the class recording.

Nancy



General Tips

- Do not add any carrier oil to your diffuser.
- Essential oils may damage a humidifier over time, so it is best to use a cold mist diffuser instead.
- Be sure you have your diffuser securely sitting on a flat surface where it won't be knocked over and spill.
- It's also important to have it where there is adequate airflow both for the intake and for the output.
- Some diffusers have the option to replace the ultrasonic plate. If your diffuser has two notches, the plate is replaceable. Contact Young Living for information if this becomes necessary.



Types of Diffusers

People often ask what is the difference between the various Young Living diffusers. Currently Young Living sells eight diffusers, plus four specialty diffusers. This chart shows some information that is very helpful to help you decide what diffuser is best for you and compare the most common diffusers side by side. For example, if you desire intermittent, light, or some other feature, you can compare on this chart. If the type of water you use (distilled or tap) is important to you, this chart will also help you determine which diffuser is best for you. This chart does not include diffusers that are no longer available for sale. Please refer to your owner's manual for specific information if you have a diffuser that is not on this chart. Please note that we have three "KidScents" diffusers. Only one of the three choices is pictured, but all three have the same features.

Comparison Chart



Features	Desert Mist	Dewdrop	Rainstone	Aria	KidScents	AromaLux
Type	Ultrasonic	Ultrasonic	Ultrasonic	Ultrasonic	Ultrasonic	Atomizing
Hours will run	5 - 10 hours	Up to 4 hours	1, 2, 3, 6 or 8 Hours	1, 2 or 3 Hours	4 or 7.5 Hours	1 - 10 hrs
Intermittent	High, Low or Intermittent	Continuous	Continuous	Continuous	Continuous or Intermittent	Continuous or Variable Intermittent
Ultrasonic Plate	Yes - Replaceable	Yes - Replaceable	Yes - Replaceable	Yes - Replaceable	Yes - Replaceable	No
Water Type	Tap, Spring or Distilled	Distilled	Tap or Mineral	Tap	Tap	No water used - Direct from Bottle
Lights	Off + 10 settings	On or Off	Off + 4 Settings	Multi-color	Off + 5 Settings	5 Color Settings
Special	2 buttons - Diffuser settings and light settings; Can operate lights without diffusing	Simple 1-button operation	Breakable Clay Negative Ionizer; Closable air intake valve for filling; Remote control (will not operate without remote)	Remote; Music (built in or play music from your own device)	Interchangeable Covers	Power Button and Light Control Button + 4 control knobs - Intensity, Run Time, Intermittent Timer

**** An Animal Tip ****

If you have animals in the home, be sure they have a place to escape if the scent is too strong for them.



Caring for Your Diffuser

Cleaning Tips

Here are some tips about keeping your Ultrasonic clean.

- Unplug your diffuser before cleaning.
- Clean your diffuser at least once a month. Clean the diffuser plate after each use for maximum efficiency. A tissue or cotton swab works well.
- Always empty your diffuser and make sure it is clean and dry after each use. Leaving oil or water in your diffuser to evaporate will gum up your diffuser plate over time so it no longer works. Some diffusers allow you to replace the ultrasonic plate
- Wipe the diffuser plate to absorb any remaining oil and water. A cotton swab works well.
- If you have buildup over time, use a cotton swab and rubbing alcohol to dissolve and clean the plate. Make sure to let the alcohol evaporate completely before diffusing again.
- The lid of the diffuser can be cleaned with soap and water if necessary. Wipe the other parts with a damp cloth.

If you have an Atomizing diffuser, you can order replacement atomizers. There are also other replacement parts available for some diffusers on the Young Living website. www.oils1st.com



Experimenting with Blends

Here are some tips for how to experiment making your own diffuser blends:

- It's best to start out with some proven recipes. There are many posted in our team page, in reference books and on Pinterest.
- If you want to experiment making your own blends, research the essential oils you want to diffuse and discover their benefits. Then choose oils you think will work well together.
- Test a combination by making a small batch and sniffing it before adding to your diffuser; or hold all the open bottles of your blend under your nose about 6 inches away and sniff!
- Blends are best with single oils combined. Blends don't always combine well with each other. But you can use a blend and add another single oil for a particular effect.
- Write down your blends and what you did or didn't like about them. Keep your favorites in a journal or recipe file for future use. I will post some recipes here over the next few days that you may want to try.



If you are ready for a diffuser, here's the steps

- ♥ Go to www.oils1st.com
- ♥ Choose your Premium Starter kit
- ♥ Choose you diffuser
- ♥ Save 24% on all YL Products
- ♥ No Annual membership fee
- ♥ Minimum \$50 order required per YEAR to remain active
- ♥ Then You are Ready, Set, Go



\$160 - \$260
+ Tax & Shipping

Diffuser Choices in the Starter Kits:

- ♥ Aria
- ♥ Desert Mist
- ♥ Rainstone
- ♥ Dewdrop

Other Diffusers sold on the website:

- ♥ Aroma Spinner
- ♥ Orb Diffuser
- ♥ Gentle Mist Personal Diffuser
- ♥ Resin Burner
- ♥ AromaLux
- ♥ 3 KidScents Diffusers

