



*Eve Taylor*<sup>®</sup>  
— LONDON —  
Est. 1963

*Naturally Beautiful*

## DIFFUSER BLENDS NAVIGATOR

VOLUME 2

[eve-taylor.com](http://eve-taylor.com)

## DIFFUSER BLENDS

**One of the simplest, yet effective ways to introduce aromatherapy into any environment is through diffusion. More than just adding a pleasing aroma, Eve Taylor® diffuser blends are specially formulated to support emotional wellness and help you and your clients feel better, naturally.**

Expertly hand blended, our 100% pure natural essential oil diffuser blends are small but mighty and address many concerns and emotional needs ranging from low mood or lack of motivation right through to infusing and purifying the air during the different seasons. Being aware of how your client currently feels or how they would like to feel within the consultation allows you to select an appropriate diffuser blend, every time.

If you just want a wonderful aroma in your room, the diffuser blends can be used to create that ambiance too.

### How to use Eve Taylor® Diffuser Blends



Using Eve Taylor® diffuser blends is simple, and they can be diffused using various devices such as a vapour diffuser unit or an 'oil burner', we recommend the Eve Taylor® Diffuser Aroma Pod. Simply dispense approximately 3 drops of chosen diffuser blend into 100ml of water in the main chamber and turn on the unit to diffuse the aromatherapy goodness into the air.



As an alternative, if a diffuser unit isn't available, or you wish to experience the benefits of the diffuser blends on the go, they may be applied to a tissue which can be inhaled regularly or dispensed onto the porous stone of a diffuser bracelet for on-the-go aromatherapy.



### Selecting Diffuser Blends appropriately



When carrying out your consultation with your client prior to delivering any kind of treatment, check in with the emotional wellbeing of your client as well as considering their skin type and conditions.



We should always look to cradle and nurture our clients by selecting an appropriate diffuser blend for their mood and envelope them in aromatic ambience. Working this way, we can address our clients emotional needs and create a sacred space for them to bring about the desired effect, be this deep relaxation, encouraging a feeling of serenity, or motivating upliftment. This not only improves their overall wellbeing but also creates a memorable treatment experience.


Diffuser blend	Indications for use	Benefits	Key essential oils	Ingredients INCI
<p><b>Festivity</b> A festive bouquet full of celebratory cheer.</p> 	<p>An ideal blend to use at times of celebration and festive revelry.</p> <p>Ideal for those who like a warm spicy, comforting aroma.</p>	<p>Creates a banquet of warm, comforting feelings.</p> <p>Encourages joyous memories around times of festivity and celebration.</p> <p>Lifts the mood to promote happy feelings.</p>	<p><b>Pimentoberry</b> – warms and comforts the senses, encouraging a feeling of wellbeing with its spicy, clove like aroma.</p> <p><b>Benzoin</b> – enhances the mood and promotes a feeling of positivity with its rich inviting vanilla tones.</p> <p><b>Bergamot</b> – with its wonderful citrus tang to elevate the mood and alleviate stress for a more sunny disposition. Tangerine - helps to inspire a joyous minds.</p> <p><b>Mandarin</b> - helps to inspire a joyous mindset and positive memories.</p>	<p>Pimenta Officinalis Fruit Oil (Pimentoberry), Citrus Aurantium Bergamia Peel Oil (Bergamot), Citrus Nobilis Reticulata (Tangerine), Eugenia Caryophyllata Oil (Clove), Styrax Tonkinensis (Benzoin), Eugenol, Limonene, Linalool, Citral, Benzyl Alcohol, Citronellol.</p>
<p><b>Good Morning</b> Awaken to a refreshingly blissful day.</p> 	<p>An ideal blend for those who feel sluggish or tired in the morning.</p> <p>Those who like a wide-awake feeling.</p> <p>Those who like to start the day with a positive and optimistic outlook.</p>	<p>Gives a gentle yet refreshing kick start to the day.</p> <p>Focuses the nervous system for a busy day ahead.</p> <p>Invigorates the senses and clarifies the mind.</p>	<p><b>Spearmint</b> – gently focuses the mind and promotes a positive outlook with its fresh, sweet minty aroma.</p> <p><b>Basil</b> – refreshes the mind and helps to calm anxiety by imparting its crisp herbaceous, liquorice-like aroma.</p> <p><b>Lime</b> – the zesty citrus aroma lifts the mood and assists with soothing feelings of fatigue and a tired mind.</p> <p><b>Rosemary</b> – clears the mind and aids mental focus for the day ahead with its citrus-like, herbaceous scent.</p>	<p>Citrus Aurantifolia (Lime), Spicata Oil (Spearmint), Rosmarinus Officinalis Oil (Rosemary), Ocimum Basilicum Oil (Basil), Limonene, Linalool, Eugenol, Citral.</p>

Diffuser blend	Indications for use	Benefits	Key essential oils	Ingredients INCI
<p><b>Hug in a bottle</b> <i>Comfort and reassurance in times of need.</i></p> 	<p>An ideal blend for those in need of emotional reassurance and support.</p> <p>Those needing comfort following a shock, bad news or a bereavement.</p> <p>Those experiencing low mood or depression.</p>	<p>Comforts your feelings and promotes a feeling of reassurance.</p> <p>Soothes emotional burdens and frustrations.</p> <p>Calms the mind and helps stresses of the day to fade away.</p>	<p><b>Ho wood</b> – an aromatic hug in a bottle, this wonderful grounding essential oil comforts and helps when feeling emotionally weary and overburdened.</p> <p><b>Rose Otto</b> – offers deep emotional effects, soothing the deepest grief, anger, and fear; giving comfort in heart breaks, emotional losses and violated feelings with its gentle floral accord.</p> <p><b>Sandalwood</b> - calming and harmonising, this woody aromatic oil soothes nervous depression, fear, stress, and a hectic daily lifestyle.</p>	<p>Cinnamomum Camphora Linalooliferum Wood Oil (Ho wood), Lavandula Angustifolia Oil (Lavender), Pelargonium Graveolens Flower Oil (Geranium), Santalum Spicatum Oil (Sandalwood), Rosa Damascena (Rose Otto), Linalool, Citronellol, Geraniol, Limonene, Citral, Coumarin, Farnesol, Eugenol.</p>
<p><b>Inspiration</b> <i>Create an imaginative frame of mind.</i></p> 	<p>An ideal blend for those who lack motivation.</p> <p>Those who experience inconsistent or over thinking.</p> <p>Those who need to focus the mind for study or before an exam.</p>	<p>Helps to sharpen the mind and fortify concentration.</p> <p>Encourages those with inanimate thoughts or lack of motivation.</p> <p>Boosts positivity for those 'Monday morning' feelings.</p>	<p><b>Clary Sage</b> – uplifts the mood and revitalises scattered thinking, encouraging creativity and positive ideas.</p> <p><b>Basil</b> – awakens the mind and brings clarity back into thoughts, promoting a feeling of clear mental focus and agility.</p> <p><b>Rosemary</b> – fortifies concentration and mental agility in those with sluggish motivation.</p> <p><b>Lemon</b> – improves concentration and helps decision making whilst preparing you for a busy day ahead.</p>	<p>Citrus Limonum (Lemon), Salvia Sclarea (Clary Sage), Rosmarinus Officinalis (Rosemary), Ocimum Basilicum (Basil), Linalool, Limonene, Eugenol, Citral, Geraniol, Coumarin.</p>

Diffuser blend	Indications for use	Benefits	Key essential oils	Ingredients INCI
<p><b>Recharge</b> <i>Energise the body, fortify the mind, animate the senses.</i></p> 	<p>An ideal blend for those who require an invigorating boost for a long day ahead.</p> <p>Ideal for those who experience a mid-afternoon low.</p> <p>Those who wish to generally sharpen their mental focus.</p>	<p>Revitalises and energises the body.</p> <p>Fortifies the mind and encourages mental focus.</p> <p>Invigorates and revives during moments of fatigue.</p>	<p><b>Lemongrass</b> – revives the mind and promotes a positive outlook with its pungent sweet citrus like aroma.</p> <p><b>Cypress</b> - strengthens the nervous system, helping to restore balance in the mind.</p> <p><b>Galbanum</b> – this rich resin oil helps to sharpen the mind, refreshing and reviving the senses.</p> <p><b>Peppermint</b> – with its sharp spicy aroma to increase mental focus and promote a sense of alertness and concentration.</p>	<p>Cymbopogon Flexuous Oil (Lemongrass), Mentha Piperita Oil (Peppermint), Lavandula Angustifolia Oil (Lavender), Cupressus Sempervirens (Cypress), Ferula Galbaniflua Oil (Galbanum), Citral, Linalool, Limonene, Geraniol, Eugenol, Citronellol.</p>
Diffuser Blend	Indications for use	Benefits	Key essential oils	Ingredients INCI
<p><b>Relax</b> <i>Unwind the mind and body.</i></p> 	<p>An ideal blend for those with general tension and anxiety.</p> <p>Those who feel uptight and need to relax.</p>	<p>Helps to lift daily tension and anxiety.</p> <p>Encourages a feeling of general balance and grounding.</p> <p>Soothes low mood and negative thoughts.</p>	<p><b>Geranium</b> – balances the emotions during times of anxiety and emotional transition and tension.</p> <p><b>Mandarin</b> – often referred to as the happy oil, the soft sweet citrus aroma comforts the emotions and lifts negative feelings and thoughts.</p> <p><b>Patchouli</b> – this rich, musky scented essential oil assists with emotional confidence and anxiety whilst boasting anti-depressive effects.</p> <p><b>Lavender</b> - soothes and relaxes the mind of overactive thoughts.</p>	<p>Pogostemon Cablin Leaf Oil (Patchouli), Lavandula Angustifolia Oil (Lavender), Citrus Noblis Reticulata Peel Oil (Mandarin), Pelargonium Graveolens Flower Oil (Geranium), Limonene, Linalool, Citronellol, Geraniol, Citral.</p>

Diffuser Blend	Indications for use	Benefits	Key essential oils	Ingredients INCI
<p><b>Romance</b> <i>A liaison not to be missed.</i></p> 	<p>An ideal blend for those who want amorous nights or lazy days with their partner.</p> <p>Those who wish to increase tactile togetherness.</p> <p>Suitable for those experiencing post-menopausal loss of libido.</p>	<p>Evokes and inspires the emotions.</p> <p>Arouses the senses and promotes increased libido.</p> <p>Encourages tactile interaction with special people.</p>	<p><b>Patchouli</b> – boosts emotional confidence and helps to rekindle trapped desires.</p> <p><b>Ylang Ylang</b> – with its rich exotic scent, it increases feelings of self-esteem and encourages feelings of euphoria.</p> <p><b>Clary sage</b> – helps to decrease stress hormones and stimulate mood-boosting properties for a positive outlook towards intimate interaction.</p> <p><b>Lime</b> – stimulates the imagination and promotes an open mind.</p>	<p>Citrus Aurantifolia (Lime), Pogostemon Cablin Leaf Oil (Patchouli), Cananga Odorata Flower Oil (Ylang Ylang), Salvia Sclarea (Clary Sage), Origanum Majorana Oil (Marjoram Sweet), Linalool, Citral, Limonene, Geraniol, Benzyl Benzoate, Coumarin, Benzyl Salicylate, Farnesol, Iso-Eugenol.</p>
<p><b>Serenity</b> <i>For calm and tranquil moments.</i></p> 	<p>An ideal blend for tired parents with crying, irritated babies.</p> <p>Ideal to be used with small, frustrated children throwing temper tantrums.</p> <p>Also suitable for those (without babies) who are feeling highly strung and irritable.</p>	<p>Soothes irritability and takes the heat out of anger.</p> <p>Encourages peaceful feelings and tranquility.</p> <p>Reassures the emotions and gives a feeling of harmony and serenity.</p>	<p><b>May Chang</b> – helps lift moods and create emotional balance in those who are highly strung with its sweet, lemony aroma.</p> <p><b>Lavender</b> – soothes the senses and encourages deep relaxation.</p> <p><b>Chamomile</b> – the sweet herbal aroma brings a sense of calm during times of anger or irritability whilst assisting restful slumber.</p> <p><b>Ho wood</b> - regarded for its grounding and comforting benefits to the emotions and balance the mood.</p>	<p>Cinnamomum Camphora (Ho wood), Lavandula Angustifolia (Lavender), Litsea Cubeba Oil (May Chang), Anthemis Nobilis Flower Oil (Chamomile), Linalool, Limonene, Citral, Geraniol.</p>

Diffuser blend	Indications for use	Benefits	Key essential oils	Ingredients INCI
<p><b>Sleepwell</b> <i>Recline in peaceful tranquillity.</i></p> 	<p>An ideal blend for those with overactive thoughts that take time to fall asleep.</p> <p>Those experiencing insomnia.</p> <p>Those with a restless sleep pattern.</p>	<p>Helps you drift into a calm, comfortable stillness.</p> <p>Soothes the body and promotes feelings of tranquility.</p> <p>Transposes the mind into a deep peaceful slumber.</p>	<p><b>Valerian Root</b> – this calming oil balances emotional influences with its rich earthy aroma, exerting a calming and restorative effect on the central nervous system, aiding deep relaxation.</p> <p><b>Cedarwood</b> – soothes the mindset, eases tension, and offers emotional strength in times of low mood.</p> <p><b>Lavender</b> - soothes and relaxes the mind whilst promoting restful sleep with its sweet floral aroma.</p> <p><b>Sweet Orange</b> - calms and eases emotional tension with its gentle zesty aroma.</p>	<p>Lavandula Angustifolia Oil (Lavender), Citrus Sinensis Oil Expressed (Orange), Cedrus Atlantica Wood Oil (Cedarwood), Valeriana Officinalis Root Oil (Valerian), Limonene, Linalool, Citral, Geraniol.</p>
<p><b>Summer</b> <i>Bask in the freshness of pure summer air.</i></p> 	<p>An ideal blend for those who experience poor air quality.</p> <p>Those who experience hay fever type allergies and those who require support through life's transitions and changes.</p>	<p>Ideal where poor air quality exists.</p> <p>Refreshes the air and encourages clear breathing.</p> <p>Gives a feeling of emotional support and helps restore calm.</p>	<p><b>Geranium</b> – balances and comforts the emotions during times of anxiety and emotional transition with its sweet, herbaceous, floral aroma.</p> <p><b>Eucalyptus globulus</b> – aids with clear breathing in areas of poor air quality, whilst helping to sharpen mental sluggishness and decreasing feelings of stress.</p> <p><b>Cypress</b> - Strengthens an overburdened nervous system, helping to restore calm and releasing trapped emotions.</p>	<p>Lavandula Angustifolia Oil (Lavender), Pelargonium Graveolens Flower Oil (Geranium), Cupressus Sempervirens Leaf Oil (Cypress), Santalum Album Wood Oil (Sandalwood), Eucalyptus Globulus Leaf Oil (Eucalyptus), Linalool, Geraniol, Limonene, Citronellol.</p>

Diffuser blend	Indications for use	Benefits	Key essential oils	Ingredients INCI
<p><b>Winter</b>  <i>The ideal solution for winter chills and ills.</i></p> 	<p>An ideal blend for those who experience upper respiratory stress.</p> <p>Those with winter chills and ills.</p> <p>Those who wish to purify the air during cold season.</p>	<p>Cooling essential oils promote a decongesting effect.</p> <p>Clears the mind and stimulates the senses.</p> <p>Helps purify and refresh the air.</p> <p>Ideal solution for winter chills and ills.</p>	<p><b><i>Eucalyptus radiata</i></b> – imparts decongesting effects and refreshes with its fresh, minty camphorous aroma, whilst helping to sharpen mental sluggishness.</p> <p><b><i>Ravensara</i></b> – infuses a warm crispness helping to cleanse the environment and soothing emotional discontent.</p> <p><b><i>Palmarosa</i></b> – purifying actions defend against chills and ills whilst supporting the mood during emotional vulnerability.</p>	<p>Eucalyptus Radiata Leaf Oil (Eucalyptus), Lavandula Angustifolia Oil (Lavender), Ravensara Aromatica Leaf Oil (Ravensara), Cymbopogon Martini Oil (Palmarosa), Rosmarinus Officinalis Oil (Rosemary), Geranoil, Linalool, Limonene, Citral, Farnesol, Citronellol, Eugenol.</p>



### Diffuser blends & correlating hydrosols

If using the diffuser blends to treat your client's emotional needs and wish to customise the treatment with hydrosols for further emotional support, use the correlating hydrosols shown below.

Diffuser Blend	Relating Hydrosol
Festivity	Orange
Good Morning	Peppermint
Hug in a Bottle	Rose
Inspiration	Peppermint
Recharge	Orange
Relax	Lavender
Romance	Rose
Serenity	Chamomile
Sleepwell	Lavender
Summer	Geranium
Winter	Lavender

### Pregnancy

If using diffuser blends during pregnancy, dispense 2-3 drops in 100ml of water in a suitable diffuser unit. When vapourised into the air the blends are unlikely to cause any negative impacts as their volatile structure is greatly diluted to a level which can be detected by the olfaction system and registered by the brain but are not active enough to cause any negative impacts to pregnant clients, so can be used with confidence in the salon environment.

### Diffuser blends & animals

When retailing our Diffuser Blends for home use, ensure your clients follow our usage recommendations of approximately 3 drops in 100ml of water. This will create a few parts per million of aromatic vapour in the air and unlikely to cause negative effects to pets and animals. If you wish to ensure optimum wellbeing for your pet, make sure you allow adequate ventilation and leave doors open so that the animal may leave the room if they wish. This will avoid any potential build-up of vapours over many hours in a confined space.

Also, be mindful of the blend you are using. A soothing blend like Relax Diffuser Blend or Serenity Diffuser Blend would assist with keeping the animal calm; however, a stimulating blend such as Recharge Diffuser Blend wouldn't be appropriate if there was an animal in the room due to its invigorating, stimulating actions.