



# Aromatherapy Candle Diffusers with Himalayan Pink Salt

a beautiful way to diffuse essential oils

Start by mixing 1/2 cup of Himalayan Pink Salt with 5 - 10 drops of essential oil. We've included some suggested blends below. To find more aromatherapy blends, check [aroma.web.com](http://aroma.web.com), one of our favorite sources for aromatherapy recipes and essential oil information.

Pour the scented salt into a heat-safe vessel, such as a candle holder or mason jar. Nestle an unscented candle into the center of the salt, then light the wick. The warmth of the candle will activate the salt and help release the scents of essential oil into the air.

## Ingredients

1/2 cup pink salt  
5 - 10 drops eo  
1 unscented candle  
1 heatproof jar

## Suggested Essential Oil Blends:

### Relaxation

6 drops Bergamot Oil  
2 drops Frankincense Oil  
2 drops Geranium Oil

### Focus

6 drops Rosemary  
4 drops Lemon

### Happiness

6 drops Bergamot  
2 drops Grapefruit  
2 drops Ylang Ylang

### Energy

4 drops Grapefruit  
3 drops Ginger  
2 drops Peppermint

### Thieves Oil

4 drops Clove Essential Oil  
4 drops Lemon Essential Oil  
2 drops Cinnamon Essential Oil  
2 drops Eucalyptus Essential Oil  
1 drops Rosemary Essential Oil

For Additional Recipes:  
[www.NaturalBeautyWorkshop.com](http://www.NaturalBeautyWorkshop.com)

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