

The Essential Oils Quick-Reference Card

*A printable cheat-sheet for calm, sleep
& focus blends — for the cozy home.*

Pin this inside the cabinet where you keep your diffuser. The recipes are gentle, beginner-friendly, and use oils that are easy to find. Drops are for a standard 100 ml ultrasonic diffuser.

Always dilute with a carrier oil before applying to skin. Patch-test first. Keep away from pets and young children.

For calm — the everyday softeners

Quiet Morning

3 drops bergamot · 2 drops lavender · 1
drop frankincense

After a Loud Day

3 drops lavender · 2 drops cedarwood · 1
drop ylang-ylang

Soft Sunday

3 drops geranium · 2 drops sweet orange
· 1 drop lavender

Anxious Heart

2 drops roman chamomile · 2 drops
bergamot · 2 drops lavender

For sleep — the bedtime blends

Candlelit Bedtime

4 drops lavender · 2 drops cedarwood

Restless Mind

3 drops vetiver · 2 drops lavender · 1 drop frankincense

The Hygge Drift

3 drops cedarwood · 2 drops sweet marjoram · 1 drop bergamot

For When You Can't Sleep

2 drops valerian · 3 drops lavender · 1 drop sweet orange

For focus — the gentle clarity blends

Slow Morning Focus

3 drops rosemary · 2 drops peppermint · 1 drop lemon

Cozy Reading Hour

3 drops bergamot · 2 drops cedarwood · 1 drop vanilla

Creative Flow

3 drops grapefruit · 2 drops basil · 1 drop peppermint

Afternoon Reset

3 drops lemon · 2 drops rosemary · 1 drop eucalyptus

The starter shelf

If you're new to oils, these eight will carry you through almost every blend in this card:

LAVENDER

Calm, sleep, soothing.

BERGAMOT

Mood-lifting, soft citrus.

CEDARWOOD

Grounding, woody, restful.

SWEET ORANGE

Bright, gentle, cheerful.

FRANKINCENSE

Quieting, meditative.

PEPPERMINT

Focus, clarity, cool.

ROSEMARY

Memory, alertness.

EUCALYPTUS

Open chest, fresh.

"A few good oils, used often and gently, are kinder to a home than a cabinet full that are never opened."

MINDFULLYMODERN.BLOG · THE ESSENTIAL OILS QUICK-REFERENCE CARD