



ESSENTIAL OIL & HIMALAYAN SALT DIFFUSER

A Simple DIY Aromatic Diffuser



Fragrance • Simplicity • Atmosphere

A Simple Way to Enjoy Essential Oils

This simple aromatic diffuser is an easy and inexpensive way to gently release the fragrance of essential oils into a small room. By combining **Himalayan salt with a favorite essential oil**, the salt absorbs the oil and holds its fragrance until you are ready to warm a small amount in a tea-light oil burner.

I first made this using a small oil burner only about four inches high. Though simple and inexpensive, it worked very well in smaller spaces such as an **office, bathroom, prayer room, or bedroom**.

One of the things I enjoy about this simple diffuser is the ability to prepare **different fragrances ahead of time**. A small jar can be made with peppermint, lavender, frankincense, or another favorite essential oil, making it easy to change the fragrance according to the atmosphere you would like to create. Because only a small amount of the scented salt is needed at a time, the remaining mixture can stay covered in the jar until you are ready to use it.



SUPPLIES NEEDED

- Small tea-light oil burner
- Unscented tea-light candle
- Himalayan salt
- Favorite essential oil
- Small glass jar with a tight-fitting lid
- Teaspoon

WHY HIMALAYAN SALT?

Coarse Himalayan salt works beautifully for this simple diffuser because the crystals provide plenty of surface area for the essential oil to coat and settle among the salt. The salt can be prepared ahead of time in a small glass jar, allowing the fragrance of the essential oil to remain with the mixture until you are ready to use it.

The beautiful natural shades of **pink, rose, and soft amber** also make Himalayan salt an attractive choice for an open-bowl diffuser. When a small amount of the scented salt is gently warmed in the oil burner, the fragrance is released into the surrounding area.

For this simple project, Himalayan salt is used as a beautiful and practical base for holding the essential oil and is not intended to provide therapeutic benefits.

PREPARE THE SCENTED SALT

Place approximately **½ to 1 inch of Himalayan salt** in the bottom of a small glass jar. Add a few drops of your favorite essential oil to the salt. You can always add more later if you prefer a stronger fragrance.

Secure the lid and allow the salt and essential oil to sit together for **2–3 days**, giving the salt time to absorb the oil and fragrance.

I have found that a small, squat Mason jar works especially well. When I used peppermint essential oil, only a few drops were needed to fragrance the salt. Your amount may vary depending upon the essential oil and your personal preference.



USING YOUR DIFFUSER

1. Place approximately **1 teaspoon** of the prepared salt and essential-oil mixture in the top bowl of the oil burner.
2. Place an **unscented tea-light candle** underneath and light it.
3. As the salt gently warms, the aroma of the essential oil will begin to fragrance the surrounding area.
4. Add or replace the scented salt as needed.

Enjoy!

—Lora



♦ SAFETY NOTE

Always place the oil burner on a **stable, heat-resistant surface** and never leave a burning tea-light unattended. Keep the diffuser away from children, pets, curtains, paper, and other flammable materials. The burner may become hot during use, so allow it to cool completely before handling.



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