

5 Types of Essential Oil Diffusers

A good diffuser can transform your space with the power of pure, aromatic essential oils. When choosing your diffuser, it's important to understand the difference between the types, so you pick the one that truly meets your needs.

Ultrasonic Water Diffusers



Create a tranquil, fragrant environment in any room with these simple diffusers. Ultrasonic diffusers create a fine mist by using ultrasonic vibrations and water to dispense essential oils into the air. The mist is created without the use of heat, which is a nice option for those who prefer to not use open flames.

To use, add water to the reservoir (usually a little over three ounces), add drops of essential oil per diffuser directions, and turn on. Most ultrasonic diffusers have continuous and intermittent settings, and optional color-changing lights. I like these almost silent diffusers for medium spaces like a kitchen, living room, or shared office space.

Waterless Diffusers



A waterless diffuser disperses essential oils without the use of heat or water. Instead, an atomizer creates super fine particles of essential oils, which are distributed using air. Because of this, you'll get nothing but pure essential oil aroma filling the air around you. Most waterless diffusers consist of a motor and a glass reservoir.

To use, add essential oils directly to the glass reservoir according to the manufacturer directions, and turn on

Like an ultrasonic diffuser, the waterless unit is ideal for medium spaces, and can even fill slightly larger rooms with aromatic goodness.

Electric Diffusers



Electric diffusers use a small absorbent pad to hold essential oils on a passive heat source. These pads can be used multiple times for your favorite oil or blend, and the pads should be disposed of when they become too saturated or start to break down.

To use, carefully drop essential oils onto the pad and turn on. Most electric diffusers have one simple setting with continuous diffusion.

Electric Aromatherapy Diffuser simply uses passive diffusion and is ideal for small spaces like a bathroom or for personal diffusion at a desk. The Aromatherapy Fan Diffuser utilizes a small fan to disperse aromas, and can be either plugged in or battery operated.

Tea Light Diffuser



Our favorite diffusers for aroma *and* ambiance, tea light diffusers use the heat from a candle to gently warm water, causing your favorite oil to softly fill your space with a cozy aroma. They are great to use instead of a scented candle, and add a relaxing ambiance to coffee tables or bathroom counters. Just be sure not to leave the candle unattended!

To use, simply add a few drops of your favorite essential oil, along with a bit of water to the top reservoir and carefully light the tea candle. In a few minutes, aroma will slowly fill your space. These little tea light diffusers are perfect for small spaces.

Terra Cotta Diffuser



Made from pure terra cotta, these diffusers are one of the more subtle options. Terra cotta is known for its absorbent and porous properties, which makes it the perfect material for soaking up aromatic goodness. Passive heat slowly releases the oil from the terra cotta.

To use, let 5-6 drops of essential oil absorb into the terra cotta and place in a space where the diffuser will be exposed to passive heat. Depending on the oils that you use, the aroma could last anywhere from a few hours to multiple days. I love these diffusers for drawers, cars, hanging on lamps, or placing on wood stoves.

Source: Mountain Grown Herbs, March 2018

Soaps and Such, Alpena, MI, 125 W. Chisholm Street, Alpena, MI (we sell diffusers!)