

The Simplest Diffuser

by Penny Keay

The simplest diffuser to use with your precious essential oils is very effective and costs less than a penny.

It is the cotton ball.

Yep, this is one of the most versatile and usable diffusers. We suggest them to diffuse near your personal spaces. You can use them in the bathroom, hidden in plants (like Christmas trees), or on shelves. Use your imagination.

Simply place on a protected surface and add a few drops of essential oil to the cotton ball. They can be re-used for several days and when done – just toss away. (Ever have sweet smelling trash!)

Folks that are in the hospital or in nursing care facilities can benefit too from the cotton ball.

Simply pin it on their lapel or collar of their clothing. Add a drop of essential oil to their “flower”. (Remember to get permission from the nursing staff to be sure they have no objections.)

We have seen many residents of assisted living and nursing care facilities where getting their “daily flower” scented brings them much joy along with the staff!

If you cannot use pins to fasten them, we have available our [Aromatherapy Lapel Dots](#). These were developed for just this purpose.

For scenting in any room, we suggest you place the cotton ball on or in a small glass or ceramic container.

Something like the little ceramic plates/dishes that are used for teabags or glass condiment cups. These are ideal, as essential oils as you know, can ruin finished surfaces like your furniture.

Other places you could use these little diffusers include:

- In the bathroom – on the toilet tank lid
- Under your car seat or tie to a string and hang in your car
- Inside your pillow on your bed or sofa
- Beside your desk or workspace
- In a zip-lock bag, you carry in your purse or pocket.
- In your shoes or your kid's shoes – just remember to remove them before you put your shoes on.
- Near a fan to blow the scent around the room
- The ways and places they might be used, is really - endless.

Have fun and enjoy the use of the simplest diffuser!

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