

# What Essential oils are common during the Holidays?

by Penny Keay

It is the end of the year and many folks ask us 'What are good oils for the upcoming Holiday Season'?

Since the Holiday season begins here in the USA in November with Thanksgiving and continues through the beginning of the New Year, there are many weeks and, of course, gathering of people, where you might want to not only scent the home or office but also help prevent the spread of any number of germs!

Thanksgiving is just around the corner and most folks will associate the scents of the Spices – [Cinnamon leaf](#), [Ginger](#), [Clove bud](#) and [Nutmeg](#). The classic scents you smell when you think of a pumpkin pie.

Of course there are other scents too, but the spice scents are the most common. Add a touch of [Orange essential oil](#) and it enriches and enhances the experience.

Now as we move into December the smells and scenting change a little. Although the above spices will continue, now you have the scent of a Christmas tree and wreaths.

The time of having real trees displayed in your home may have come to an end. So many people use artificial trees but long for the scent of the conifers.

The scent that most folks seek is that of the Fir needles such as [Douglas Fir](#) or [Siberian Fir Fir needles](#) with the latter often times being the most popular.

Some folks prefer the scent of [Pine needle](#) and [Spruce needle](#). Of course it all depends where you were raised and what type of trees grow in your area. Here in Minnesota we have a wide variety of the conifer trees.

My folks always had a [Balsam fir tree](#). So for me that is the scent that triggers my 'Lock and Key' memory bank. My cousins always had a Pine tree so when I smell that scent I think of going to my Aunt and Uncles.

Other popular scents at the Holidays – [Peppermint!](#) Those candy canes and other candies such as the Licorice-like smells of [Anise](#), [Warm Vanilla like scents Vanilla absolute](#) or [The V'Nilla's](#) and [Ginger](#), [Cinnamon leaf](#) and [Clove bud](#) that are in emanating from all those cookies. [Cardamom](#) is another holiday scent for me.

Traditional religious oriented essential oils used at the holidays are [Frankincense](#) and [Myrrh](#) These are often used in church ceremonies this time of year with significance due to these oils being mentioned as gifts to the Christ child.

Diffuse your favorites knowing that they not only will bring back childhood and adult memories but many of these are also great air cleaners and help to fight viruses and bacteria.

No wonder they are used at the holidays, a time of folks gathering in holiday merriment and a great prevention to ward off illness.

Here are a few Simple blends to try: You can use these in any diffuser. Or you can make a room spray too.

## Simple Winter Holiday Blend #1

[Clove bud](#) – 5 drops

[Ginger](#) – 5 drops

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## Simple Winter Holiday Blend #2

[Cinnamon leaf](#) – 3 drops

[Cassia](#) – 2 drops

[Orange](#) – 5 drops

## Simple Winter Holiday Blend #3

[Cinnamon leaf](#) – 3 drops

[Geranium](#) – 3 drops

[Vetiver](#) – 3 drops

## A Change of Pace Holiday Blend

[Nutmeg](#) – 3 drops

[Coriander](#) – 3 drops

[Frankincense](#) – 3 drops

## Sit Back and Enjoy Holiday Blend

[Pine needle](#) – 4 drops

[Rosemary](#) – 2 drops

[Petitgrain](#) – 2 drops

[Orange](#) – 2 drops

You can experiment too and make your own holiday blends or just use a single essential oil and not complicate things!

Try adding exotic flower scents [Ylang-Ylang](#) to a woody scent [Cedarwood](#), [Juniper berry](#) or [Sandalwood](#). You may find that very exciting and a pleasant change of pace from all the strong spicy scents.

Any essential oil blend can be used in most diffusers. [Tart warmers and fan diffuser](#) are capable of getting scents quickly into a larger room. [Terra Cotta Disc](#) are great for smaller areas. Especially near the tree or if you want a subtle scent near the buffet table.

The common essential oils of the holidays are:

[Cinnamon leaf](#), [Orange](#), [Clove bud](#), [Ginger](#), [Cardamom](#), [Cassia](#), [Frankincense](#), [Myrrh](#), [Pine needle](#), [Spruce needle](#), [Douglas Fir Needle](#) [Siberian Fir needle](#). (These are the two most common Christmas Tree scents), [Juniper berry](#), [Cedarwood](#) and of course any of your own favorites.

If you don't have time to blend we have the following that are favorites this time of year. [Conifer Blend](#), [Winter's Warmth blend](#), [Celebration blend](#).

Although [Four Robbers blend](#) is not traditionally used at the Holidays for room scenting, it is great and has a cinnamon quality about it. It is wonderful and may help to prevent respiratory viruses from spreading.

No matter what Holiday is around the corner - Thanksgiving, Hanukkah, Christmas, Boxing Day, Kwanzaa, the New Year or any other one, there is most likely a scent that triggers a fond memory. If not, now may be the time to start a new tradition. Happy Scenting!

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