



Different types of essential oil diffusers



An essential oil diffuser is a device used to disperse essential oils (highly concentrated extracts of flowers, leaves, and other plant parts) into the surrounding air.

According to ancient aromatherapy, spreading fragrance through the air allows essential oils to activate odor receptors in the nose, transmit information to the brain, and affect your mood and nervous system.

Various types of basic diffusers include the following:

Ceramic diffuser

The ceramic diffuser allows the oil to evaporate and disperse into the air. One or two drops of essential oil can be placed on terracotta or ceramic diffuser. These diffusers are suitable for personal use in small areas but may not be suitable for large or outdoor areas.

Reed diffuser

[Reed diffusers](#) usually use rattan, which has small channels that allow essential oils to travel along the poles and make the room smell. Lighter oils (such as bergamot, grapefruit, or lemon essential oils) tend to spread faster than heavier oils (base notes) such as patchouli and sandalwood essential oils.

Electric diffuser

Like ceramic and reed diffusers, electric fan diffusers expose essential oils to the air without generating heat. Add the essential oil dropwise to the pad or water. The electric fan in the diffuser blows out the air in the mat or water to disperse the oil into the air.

Candle diffuser

These diffusers use the heat of candles to heat essential oils and promote diffusion throughout the room. Thermal diffusers are a relatively inexpensive option that can make the space smell better, but they are not optimal when essential oils' therapeutic properties are needed because heat can change the oil's chemical properties.

Lamp rings, electric heat diffusers, and steam suction are other types of diffusers that use heat.

Atomizer diffuser

The atomizer diffuser breaks down essential oils into tiny molecules and then disperses them into the room. These devices have motors and glass cylinders or bottles. It is said that smaller molecules are more easily absorbed, thereby increasing the therapeutic effect.

Atomizer diffusers are more difficult to clean than other types of diffusers, and replacing the glass container can be expensive if broken. Due to the noise level of some equipment, atomizer diffusers may not be suitable for certain situations.

Ultrasonic diffuser

Ultrasonic diffusers use electronic frequencies to vibrate in the water, generating fine water mist and essential oils released into the air. Because it uses water, some people use them in winter to help humidify dry air.

Some ultrasonic diffusers automatically shut off to control the amount of essential oil dispersed into the air. They tend to be cheaper and stronger than atomizer diffusers.

Takeaway

There are many ways to get the benefits of [essential oils](#). No matter which product you choose, you can look for pure essential oils and avoid artificial fragrances. In addition to diffusers, other ways to enjoy the fragrance of essential oils include indoor sprays, baths, aromatherapy massages, and scented body products.

When you use essential oils at home, it is important to use these powerful essential oils safely. Essential oils are very effective. If you plan to use a diffuser, you should not use it for a long time. If you have health problems or are pregnant, please consult your healthcare provider before using essential oils.