

Making an Asteroid '79 lava rock diffuser at home is a simple, waterless way to enjoy aromatherapy. Because lava rocks are highly porous, they naturally soak up essential oils and release the scent slowly over 1–2 days. [1, 2, 3, 4, 5]

### **Method 1: Desktop or Room Diffuser (Potpourri Style)**

This is the easiest method for a stationary scent experience in a bedroom, bathroom, or office. [6, 7]

- **Gather Materials:** You will need a bag of **lava rocks** (often found in the gardening or aquarium section), a **decorative bowl** (wood, ceramic, or glass), and your favorite **essential oils**.
- **Prepare the Container:** Place a layer of lava rocks into your chosen bowl or dish. For a more aesthetic look, you can place them at the base of a faux succulent or plant.
- **Apply the Oil:** Drop **5–8 drops** of essential oil directly onto the rocks. For the best effect, aim for the "core" or deep pores of the larger rocks.
- **Refresh:** Once the scent fades (usually after a couple of days), simply add more drops to refresh the aroma. [1, 2, 6, 7, 8, 9]

### **Method 2: Personal Diffuser Bracelet**

Lava beads are a popular choice for wearable aromatherapy that lasts all day. [10, 12, 13, 14]

- **Materials:** **Lava rock beads** (8mm is a standard size), **elastic cord** or hemp string, and any accent beads (like wood or gemstones).
- **Assembly:** String the lava beads and accent beads onto the cord to fit your wrist, then tie a secure double knot and trim the ends.
- **Use:** Place **1–2 drops** of oil onto the lava beads specifically. Let the oil soak in for a minute before wearing to avoid staining your clothes or irritating your skin. [3, 11, 12, 15]

### **Method 3: Hanging Shower Diffuser**

Transform your shower into a spa experience with steam-activated diffusion. [1, 16]

- **Setup:** Attach a few lava rocks to a piece of string or twine.
- **Application:** Before turning on the water, add about **5 drops** of a refreshing oil like eucalyptus or lavender to the rocks.

- **Placement:** Hang the string from your shower head where the steam will hit it, but away from the direct water stream to prevent the oil from washing away too quickly.

These resources provide instructions for making homemade lava rock diffusers, detailing potpourri and shower applications:

[DIY Lava Rock Potpourri For A Modern Spin On A Fresh ... - Yahoo](#)

[Lava Rock Shower Essential Oil Diffuser Recipe - Simply Earth Blog - Simply Earth Blog](#)

[How to Make a Diffuser Bracelet with Lava Beads - Golden Age Beads](#)

[Lava rock essential oil diffuser decor ideas - Facebook - Facebook](#)

[DIY Lava Rock Essential Oil Diffuser Bracelet - The Rising Spoon - The Rising Spoon](#)

[Owl keychain diffuser DIY tutorial and beads - Facebook - Facebook](#)

Here are some resources and **essential oil blend** recipes specifically for relaxation or focus to use with your new diffuser:

[1] <https://www.usrock.com>

[2] <https://www.yahoo.com>

[3] <https://www.facebook.com>

[4] <https://www.threebamboo.com>

[5] <https://www.roanokecreek.com>

[6] <https://blog.simplyearth.com>

[7] <https://www.cupcakesandcutlery.com>

[8] <https://www.cupcakesandcutlery.com>

[9] <https://robbreport.com>

[10] <https://www.youtube.com>

[11] <https://www.therisingspoon.com>

[12] <https://www.hermj.com>

[13] <https://www.facebook.com>

[14] <https://www.goldenagebeads.com>

[15] <https://www.facebook.com>

[16] <https://blog.simplyearth.com>

[17] <https://www.lemon8-app.com>

[18] <https://rancholapuerta.com>

[19] <https://www.youtube.com>