

Pumpkin Spice Room Spray



15 drops Cinnamon Bark
15 drops Clove
9 drops Nutmeg
6 drops Ginger
6 drops Orange
2 T witch hazel

Combine ingredients in an 8 oz. spray bottle and top with distilled water. Shake before each use. Enjoy!



Pumpkin Spice foaming Hand Soap



- 2 T castile soap
- 1/4 tsp Vitamin E oil
- 3 drops Cinnamon Bark
- 3 drops Nutmeg
- 3 drops Clove
- 2 drops Orange

Add ingredients to empty foaming hand soap dispenser and top with distilled water. Use as needed.

Pumpkin Spice All-Purpose Cleaner



2 capfuls Thieves Household Cleaner
10 drops Orange
5 drops Cinnamon Bark
2 drops Clove
2 drops Nutmeg
2 drops Ginger

Combine ingredients in an 8 oz. spray bottle and top with distilled water. Shake before each use. Enjoy!

Pumpkin Spice Sugar Scrub



1/2 c brown sugar
1/4 c coconut oil
2 drops each: Cinnamon Bark,
Clove, Ginger, Cardamom, Nutmeg

Add all ingredients to a glass or stainless steel bowl; stir until well mixed. Add to a 4 oz. mason jar and use on hands and body to exfoliate as needed.



Pumpkin Spice Diffuser Bomb



40 drops Orange
30 drops Cinnamon Bark
10 drops Clove
10 drops Nutmeg
10 drops Ginger

Add essential oils to an empty 5 ml bottle. Add a dropper or reducer and lid. Invert the bottle to mix. Add 5-8 drops to diffuser; top with water and diffuse away!



Wellness Roller



15 drops Thieves
5 drops Lemon

Add essential oils to an empty 10 ml roller bottle
and top with a liquid carrier oil. Apply to spine
and/or bottoms of feet daily.

