

For a Change of Pace – here are some -  
**AROUND THE HOUSE BLENDS**

This time of year, Fall time, is a time for warm and cheerful blends. Most of us are now spending more time indoors and enjoy the natural scents of essential oils.

Here are a few blends for various “Rooms” of your house. Use them any time, any day, or with special some ones or occasions. A few exotic and few just wonderful blends to diffuse and enjoy!

The following recipes can be diffused in any [tart warmer](#) or [tealight warmer](#). The scenting should last for about 2 hours. These blends can be used at other times too. How about at your desk on a [Terra Cotta disc](#)? Add a drop or two of any other essential oil and create even more wonderful scents!

In the **Living Room** while sitting quietly reading, listening to music or day dreaming:

[Bergamot](#) – 5 drops  
[Frankincense](#) – 5 drops  
[Neroli](#) – 3 drops  
[Vanilla](#) – 1 drop

Diffuse while entertaining evening visitors – use in **Living room or Dining room.**

[Lavender](#) – 5 drops  
[Petitgrain](#) – 3 drops  
[Geranium](#) – 2 drops

**Dining Room** - a nice relaxing meal

[Bergamot](#) – 3 drops  
[Lemongrass](#) – 3 drops  
[Orange](#) – 3 drops  
[Sandalwood](#) or S’Woods Blend – 3 drops

**Dining Room** – Let the Festivities begin

[Orange](#) – 5 drops  
[Coriander](#) – 4 drops  
[Rosemary](#) – 3 drops

In the **Study** – Brain working here!

[Pine](#) – 3 drops  
[Rosemary](#) – 3 drops  
[Lemon](#) – 3 drops  
[Grapefruit](#) – 1 drop

In the **Bedroom** – Day Dreams to Night Dreams

[Sandalwood](#) – 4 drops  
[Lavender](#) – 3 drops  
[Roman Chamomile](#) – 2 drops  
[Neroli](#) – 1 drop

In the **Bedroom** – Exotic Encounter (This is a blend to diffuse – not for massage)

[Lemon](#) – 5 drops  
[Black Pepper](#) – 4 drops  
[Ylang Ylang Extra](#) – 3 drops

Create you Own Anytime Blend for Fall. Simply diffuse any of the ‘wood’ oils. [Pine](#), [Spruce](#) and [Fir Needles](#) add some [Cedarwood](#) or [Sandalwood](#) or other earthy scents like [Patchouli](#) or [Vetiver](#). Add a Sweet smell or citrus or floral and just a touch of spicy like [Cinnamon](#), [Clove](#) or [Ginger](#). These scents are all reminders of fall time.

Don’t forget write your recipes down so you can enjoy them every year!!

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**Aromatherapy Tip of the Week**

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