

The Scents of Fall

Certain scents immediately remind you of fall.

Crisp air outdoors will soon have everyone spending more time indoors.

Several essential oils that remind you of fall include the spicy ones like Cinnamon and Cloves. These are brightened up with orange or other light citrus smells. Rich scents like Ginger and vanilla make your home smell yummy. Even if you didn't bake anything!

The great thing about these fall type essential oils are their great defenses against the cold and flu bugs we get exposed to. Especially now that everyone is spending more time enclosed in smaller spaces indoors.

Experiment a little and have fun blending different spices and herbal essential oils to make your very own, soon to become your favorite fall scents. Add just a little citrus, woody or floral to keep the nose guessing!

Great smells of fall essential oils along with their germ fighting abilities will make your time blending worth it in the long term as you keep your family healthy and happy.

Try this Fall Blend:

Cinnamon - 25 drops

Allspice - 25 drops

Anise - 15 drops

Vanilla Blend or Vanilla Absolute - 10 drops

Blend all in an amber bottle, then diffuse a few drops using your favorite diffuser.

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Aromatherapy Tip of the Week

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