



## *Fall Diffuser Recipes*

By Danielle Ross

Fall is officially here! The leaves have begun turning beautiful shades of yellow, orange, and red. It is time to get out those diffusers and create your favorite autumn scent. Here is a list of some recipes to get you started.

### *Orange Spice*

2 drops Cinnamon Bark  
2 drops Clove  
5 drops Orange

### *Autumn Leaves*

4 drops cypress  
2 drops white fir  
2 drops sandalwood

### *Sweater Weather*

2 drops Cedarwood  
2 drops Marjoram  
3 drops Bergamot

### *Gingerbread*

4 drops Orange  
3 drops Ginger  
3 drops Cinnamon

### *Harvest Blend*

1 drop Nutmeg  
2 drops Frankincense  
3 drops Orange

### *Spiced Cider*

4 drops Orange  
3 drops Nutmeg  
1 drop Cinnamon  
1 drop Clove

If you don't have a diffuser you can buy one at Walmart, Bed Bath & Beyond, and HyVee. Essential oils can be purchased through companies like Young Living, Doterra, health stores, and there are other reputable companies out there. For diffuser purposes fragrant oils are just fine. Follow Drake Wellness on our social media sites for more information about aromatherapy.