



FALL DIFFUSER RECIPES

Cozy, Natural Aromas for Every Mood

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INTRODUCTION

As the air turns crisp and the days grow shorter, there's nothing quite like filling your home with warm, inviting aromas. But instead of reaching for toxic candles or plug-in air fresheners, you can diffuse essential oils for scents that are safe, cozy, and wellness-supporting.

This Fall Diffusing Recipe Book brings you blends inspired by the season—whether you want to create a festive atmosphere, support your immune system, or simply unwind with a cozy cup of tea in hand.



COZY COMFORT BLENDS

PUMPKIN PIE SPICE

3 drops Thieves®
2 drops Orange
1 drop Nutmeg
1 drop Ginger

Warm, spicy, and
comforting—like
fresh-baked pie
cooling on the
counter.

AUTUMN HEARTH

3 drops Cinnamon
Bark
2 drops Clove
2 drops Vanilla
1 drop Orange

Think crackling fires
and cozy blankets.



CRISP OUTDOORS BLENDS

FALL ORCHARD WALK

3 drops Lemon
2 drops Northern Lights
Black Spruce
1 drop Cinnamon Bark

Bright and woodsy—like
strolling through a crisp
autumn orchard.

MOUNTAIN RETREAT

3 drops Pine
2 drops Cedarwood
1 drop Frankincense

Grounding and refreshing, perfect for
bringing the forest indoors.



SEASONAL ENERGY & IMMUNE BLENDS

SPICED CIDER BOOST

3 drops Thieves®
2 drops Orange
1 drop Nutmeg

Immune-supporting and
cozy—like sipping cider
on a cool day.

AUTUMN WELLNESS

3 drops Lemon
2 drops Thieves®
1 drop Eucalyptus Radiata

Keep your air fresh and your body
supported during seasonal transitions.



RELAX & UNWIND BLENDS

COZY BLANKET NIGHTS

3 drops Lavender
2 drops Stress Away
1 drop Frankincense

Perfect for winding down
with a good book.

GOLDEN HOUR GLOW

2 drops Bergamot
2 drops Orange
2 drops Cedarwood

Uplifting and calming, like watching a fall
sunset.



MAKE THIS SEASON COZY & TOXIN-FREE

Skip the candles and plug-ins that release hidden toxins and endocrine disruptors. Diffusing essential oils not only creates the perfect seasonal ambiance—it also supports your wellness naturally.

🍂 Want to take your toxin-free home to the next level?
Get the Starter Bundle with Adobe Diffuser

👉 Essential Oils Starter Bundle