



RACHELLE RENA

Recipes for Fall

All Things Fall

RECIPES

HEY FRIEND, I AM

Rachelle Rena



**WIFE, MOM OF THREE GIRLS,
DECLUTTERING NERD, & NATURAL LIVING
ENTHUSIAST.**

Toxins were stealing my energy and my brain as a mom. I thought it was normal! Turns out that my body was overloaded with toxins and I had NO idea... once I decided to ditch the toxins, everything in my health started to get better! I had energy again! And my brain freaking worked! I didn't have a foggy mom brain any more!

Here are some of my favorite toxin-free fall recipes! These will make your home smell amazing while also supporting your health so you can stay above the wellness line!

Fall Diffuser Bombs

Recipes below contain 100 drops each to fill a 5ml bottle. To make a larger 15 ml bottle, simply triple the recipe. To use as a one-time diffuser combo, divide by 10.

PUMPKIN SPICE

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

ORCHARD STROLL

40 drops Orange
40 drops Cedarwood
20 drops Bergamot

FUZZY BLANKET

50 drops Stress Away
30 drops Cedarwood
20 drops Lavender

AUTUMN SUNRISE

50 drops Lemon
30 drops Tangerine
20 drops Eucalyptus

CEDAR SYMPHONY

50 drops Cedarwood
30 drops Cypress
20 drops Idaho Blue Spruce

SPICED CHAI

40 drops Cardamom
30 drops Cinnamon Bark
20 drops Clove
10 drops Ginger

FALLING LEAVES

70 drops Citrus Fresh
20 drops Vetiver
10 drops Patchouli

CINNAMON BUN

50 drops Cinnamon
40 drops Stress Away
10 drops Clove

CABLE KNIT

50 drops Thieves
30 drops Tangerine
20 drops Idaho Blue Spruce

FALL ROMANCE

40 drops Cedarwood
30 drops Patchouli
30 drops Geranium



Favorite Fall Scents

LEAVES

2 Davana
2 Clove
2 Idaho Blue Spruce

MARSHMALLOW FIRESIDE

2 Pine
2 Cardamom
3 Tangerine
2 Cinnamon Bark
2 Vanilla

FRESH FALL MORNING

3 Sandalwood
3 Believe
3 Lemon

PUMPKIN APPLE

3 Valor
3 Cinnamon Bark
3 Cedarwood
2 Clove

SWEATER WEATHER

3 Sage
3 Juniper
2 Eucalyptus Radiata
2 Idaho Blue Spruce

THE PERFECT AUTUMN

3 KidPower
2 Cinnamon Bark
2 Clove

MAHAGANY TEAKWOOD

3 Idaho Balsam Fir
3 Cedarwood
2 Vetiver
2 Vanilla

PUMPKIN SPICE LATTE

3 Coffee Extract
3 Cinnamon Bark
2 Vanilla
1 Nutmeg



Diffuser Recipes With Thieves

APPLE PIE

3 drops Thieves
3 drops Lemon
3 drops Stress Away

SPICED CIDER

3 drops Thieves
3 drops Citrus Fresh
1 drop Nutmeg

CARAMEL APPLE

2 drops Thieves
3 drops Orange
1 drop Bergamot
1 drops Stress Away

LOG CABIN

3 drops Thieves
4 drops Northern Lights Black Spruce

FALL LEAVES

3 drops Thieves
2 drops Lavender

CAMPFIRE

2 drops Thieves
2 drops Idaho Balsam Fir
1 drop Cinnamon Bark

AUTUMN SUNRISE

3 drops Thieves
2 drops Rosemary
2 drops Orange

RIBBON CANDY

5 drops Thieves
3 drops Lemon
3 drops Peppermint

REFRESH MY KITCHEN

3 drops Thieves
3 drops Lemon
3 drops Citrus Fresh

COZY AFTERNOON

3 drops Thieves
3 drops Copaiba
2 drops Orange
2 drops Peppermint

PUMPKIN

4 drops Thieves
2 drops Clove
2 drops Nutmeg

SNUGGLE TIME

2 drops Thieves
2 drops Frankincense
2 drops Raven
2 drops Lavender

HOLIDAY JOY

3 drops Thieves
3 drops Stress Away
3 drops Orange



Best Fall Scents Checklist

<input type="checkbox"/>	Orange	<input type="checkbox"/>	Vanilla
<input type="checkbox"/>	Cinnamon Bark	<input type="checkbox"/>	Christmas Spirit
<input type="checkbox"/>	Clove	<input type="checkbox"/>	Cassia
<input type="checkbox"/>	Nutmeg	<input type="checkbox"/>	Juniper
<input type="checkbox"/>	Ginger	<input type="checkbox"/>	Pine
<input type="checkbox"/>	Cedarwood	<input type="checkbox"/>	Northern Lights
<input type="checkbox"/>	Bergamot	<input type="checkbox"/>	Peppermint
<input type="checkbox"/>	Lemon	<input type="checkbox"/>	Thieves
<input type="checkbox"/>	Tangerine	<input type="checkbox"/>	Geranium
<input type="checkbox"/>	Eucalyptus	<input type="checkbox"/>	Winter Nights
<input type="checkbox"/>	Cypress	<input type="checkbox"/>	Stress Away
<input type="checkbox"/>	Idaho Blue Spruce	<input type="checkbox"/>	Patchouli
<input type="checkbox"/>	Cardamom	<input type="checkbox"/>	Vetiver
<input type="checkbox"/>	Citrus Fresh	<input type="checkbox"/>	Idaho Balsam Fir

GRAB FALL SCENTS!



Fall Thieves Cleaner Scents

Add these oils to your cleaner for an amazing smelling home!

FLANNEL SHIRT

4 Bergamot
4 Stress Away
4 Orange
4 Valor

PUMPKIN SPICE LATTE

5 Cinnamon Bark
3 Thieves
3 Clove
3 Orange

SNICKERDOODLE

5 Thieves
10 Stress Away

AUTUMN AT ANTHROPOLOGY

6 Bergamot
4 Geranium
4 Northern Lights
2 Clove

SPICED CHAI

5 Clove
5 Orange
3 Cardamom
2 Ginger



Thieves Cleaner diy's

Clean your home from top to bottom with these awesome cleaning DIY's!

GLASS & WINDOW CLEANER

1 capful of THHC
5 drops Citrus Fresh
Splash of white vinegar
3 cups water
16 oz spray bottle

WOOD CLEANER

1 capful of THHC
1 cup Olive oil
2-3 drops Lemon
(not for use on wooden floors)

GROUT CLEANER

Mix 1-2 capfuls of THHC with baking soda to make a paste. Put the paste on any dirty grout areas, let it sit, then wipe away.

DIY SOFT SCRUB

1 cup of THHC
1/4 cup Castile Soap
1 Tbls. Hydrogen Peroxide
10 drops Citrus Fresh
This mixture will expand so only fill a mason jar halfway.

DIY NATURAL BLEACH

2 cups of THHC
3 cups water
1/2 cup Hydrogen Peroxide
2 Tbls. Lemon juice

Dust some baking soda on the bottom of your shower and tub, spray with this mixture and let sit while you clean the rest of your bathroom. VOILA!



diy's for Wellness

WELLNESS ROLLER

10 drops Thieves
10 drops Lemon
5 drops Oregano
10 drops Tea Tree
5 drops Frankincense
10 ml roller bottle.
Fill with carrier oil.

IMMUNE DETOX BATH

1 cup Epsom salts
1 cup Baking Soda
3 drops Thieves
3 drops Tea Tree
3 drops Lemon
3 drops Frankincense

IMMUNE BOMB RECIPE

1 veggie capsule
2 drops Frankincense
2 drops Thieves
2 drops Oregano
6 drops Olive oil

PURIFYING ROOM SPRAY

In 4 oz spray bottle
splash of vodka
15 drops Thieves
15 drops Lemon
10 drops Tea Tree
Fill with water

THROAT SPRAY

In 2 oz spray bottle
1 oz Thieves Mouthwash
10 drops Thieves
10 drops Lemon
5 drops Copiaba
5 drops Clove
Fill with water.



Elderberry Syrup Recipe

INSTRUCTIONS:

In an Instant Pot, put 1 cup dried elderberries and 4 cups of filtered water. Pressure cook on high for 7 minutes.

If you don't own an instant pot, add to a saucepan and bring to a boil. Then cover and reduce to a simmer for about 45 minutes to 1 hour until the liquid has reduced by almost half.

Strain the berries and liquid with a wire mesh strainer into another glass or stainless steel bowl. Press the berries into the strainer with a fork to get all the good juice out!

If you want a thicker syrup, pour the liquid back into the instant pot and turn it to simmer. Simmer for about 10-15 minutes until half the liquid has evaporated. (If you don't want the syrup thicker move to next step!)

Then pour out into the other container and immediately add 1 cup of honey (raw is best!). You may also substitute maple syrup. Stir until mixed. Let cool.

Add 2 drops Thieves Vitality, 2 drops Orange Vitality, 2 drops Copiaba Vitality, & 2 drops Lemon Vitality. Store in fridge!

For Daily Wellness

For children: 1 tsp a day

For adults: 1 Tbls a day

If you are fighting a cold, take it more!



Wellness Toolbox Checklist

<input type="checkbox"/> Thieves	<input type="checkbox"/> Sniffleease
<input type="checkbox"/> Oregano	<input type="checkbox"/> Tummygize
<input type="checkbox"/> Tea Tree	<input type="checkbox"/> Digize
<input type="checkbox"/> Lemon	<input type="checkbox"/> Super Vitamin D
<input type="checkbox"/> Frankincense	<input type="checkbox"/> Super C Chewables
<input type="checkbox"/> Copaiba	<input type="checkbox"/> Immupro
<input type="checkbox"/> Lavender	<input type="checkbox"/> Inner Defense
<input type="checkbox"/> Ravintsara	<input type="checkbox"/> MightyPro
<input type="checkbox"/> Eucalyptus Radiata	<input type="checkbox"/> MightyZymes
<input type="checkbox"/> Eucalyptus Globulus	<input type="checkbox"/> Life 9
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Enzyme Supplement
<input type="checkbox"/> R.C.	<input type="checkbox"/> NingXia Red
<input type="checkbox"/> Raven	<input type="checkbox"/> Thieves Chest Rub
<input type="checkbox"/> Exodus II	<input type="checkbox"/> Thieves Cough Drops
<input type="checkbox"/> Egyptian Gold	<input type="checkbox"/> Thieves Hand Sanitizer
<input type="checkbox"/> Immupower	<input type="checkbox"/> Thieves Spray
<input type="checkbox"/> Raindrop Kit	<input type="checkbox"/> Thieves Cleaner

GET STARTED NOW!

MY GOAL IS TO MAKE HEALTHY LIVING EASIER FOR YOU.

Every oil you use is a chemical you aren't using.

Why is it important to avoid chemicals?

It takes 26 seconds for a chemical to enter the skin...many people look at the skin as a barrier...when really it is actually a carrier of chemicals and other tiny molecules into the bloodstream where they get stored in our fat unless our body is able to keep up with detoxing our blood.

Chemicals might be the missing link in your health puzzle...it was for us.

We went toxin-free in 9 months on a budget. It's totally possible! I'll teach you how and walk with you every step of the way and give you my simple and easy hacks and recipes for every room of your home!

Let's chat!



xx,

Rachelle Rena

customer perks



Essential Oils Education Online Course

With 60+ short videos and recipe printables on every health topic (\$300 value)

Free Aroma Freedom Group Sessions

With certified Aroma Freedom Practitioner (\$25 per session value)

Discounted Individual Aroma Freedom Sessions

With certified Aroma Freedom Practitioner (\$120 value)

Exclusive Facebook Community

With monthly prizes, giveaways, and education!

Monthly Classes via Zoom, YouTube, or Text

With specialty topics and guest speakers

Brand Partner Resources (opt)

With exclusive business training from high ranking brand partners (\$500 value)

next steps



Bringing Young Living into your home, whether through NingXia Red, Essential Oils, Toxin-Free Home Products, Oil-Infused Supplements or Smart Spectrum CBD, can change your life.

Commit to taking a baby step towards your health goals by grabbing a Young Living bundle today. Then reach out to me and together we can create your own personalized wellness plan so that you can get the most out of your Young Living products.

I'm here to walk with you every step of the way on your health journey with YL <3

GRAB YOUR OILS NOW!