

A COMPLETE GUIDE FOR EVERYTHING FALL

FALL HANDBOOK

Diffuse it, Roll it, Spray it or Bake it, Make it, Taste it! You are going to love the recipes in here because there is something for everyone.

Lisa Jock



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It's the season of cinnamon spice, pumpkins, and your favorite scarf. It's the time of year when the air has a chill and the leaves start falling. Grab a mug of your favorite fall beverage and cozy up with this extensive guide to all things Fall!



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The descriptions of each chapter, or section. Help your readers navigate to each chapter of your ebook easily.



I'm Lisa Jock

Welcome

This little book has come about from the fun we have had over the years. You too will have fun with diffuser recipes, especially for the fall to cooking to having fun with your children.

After experiencing the stressful event of losing our home to a fire, my family and I placed great importance on both our health and financial well-being. For the past two decades, we have dedicated ourselves to using Young Living Essential Oils and have witnessed miraculous improvements in our overall health. Not only have we benefited from the oils' therapeutic properties, but we have also been able to earn enough income to pay for our products and more.

With this book, we aim to share the joy and benefits that we have experienced with Young Living Essential Oils. The pages within contain a plethora of diffuser recipes, perfect for the fall season, as well as delicious and healthy cooking ideas. We have also included fun activities to enjoy with your children. We hope that this book inspires you to pursue your journey toward health and wealth with Young Living Essential Oils.



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COZY HOME FAVORITES

Halloween Diffuser Cauldron or Autumn Pumpkin

Here is some simple and fun seasonal decor using your diffuser + favorite fall oils!

You will need:

Your diffuser!

A plastic decorative cauldron or galvanized pumpkin

Orange & Clove essential oils

Poke a hole on the side/ bottom of the cauldron/pumpkin if plastic for the diffuser's cord. If using metal, simply set the diffuser in and lift the cord out the back. Fill with water, add oils, turn on. Add spider web or tissue paper on top of the cauldron as desired!

Anthropologie Inspired Blends: Diffuse it, Roll it, Spray it!!

These are some of our favorite diffuser blends for the fall season, but they make great rollers and sprays as well! The recipes below are for a standard diffuser and can be adapted easily!

To make a diffuser bomb, multiply the quantity of each oil by 10-20 and place in a dropper bottle with a pretty label. (You can also reuse old YL bottles and add a bamboo dropper top.

To make a 10mL roller, have the total number of drops around 30-50 and fill with carrier of choice.

To make a 2oz spray, multiply the drops by 3-5, add a splash of witch haze and top with water in a glass spray bottle and add a label.



Recipes for Diffusing

MULLED WINE

- 2 drops Clove
- 3 drops Orange
- 3 drops Cinnamon Bark
- 2 drops Nutmeg

PUMPKIN CLOVE

- 3 drops Stress Away
- 3 drops Clove
- 2 drops Nutmeg
- 2 drops Vanilla
- 3 drops Cinnamon Bark

FALLING LEAVES

- 1 drop Vetiver
- 3 drops Sage
- 3 drops Nutmeg
- 4 drops Idaho Balsam Fir (or other tree oil)

SUGAR COOKIES

- 4 drops Vanilla
- 4 drops Cinnamon Bark
- 2 drops Lemon
- 1 drop Nutmeg



DIY CRAFTS

Chai Spice Wool Dryer Balls

Make your laundry smell like fall with these scented dryer balls! Place 3 drops of each oil onto each wool dryer ball and let sit for a few hours before use (recommended to make sure no oil spots transfer to your laundry). Or simply drop one of each oil onto a ball and use immediately.

- Organic wool dryer balls
 - 3 drops each per ball: Cardamom, Cinnamon Bark, Nutmeg, Vanilla
-

Festive Wreath Diffuser

Create your own festive wreath (and switch it out each season!) with some florals and essential oils.

- Large grapevine wreath
- Dried florals of choice - eucalyptus, pampas grass, chrysanthemums, wheat stalks, etc.
- Large craft pine cones
- Craft/floral wire
- Essential oils of choice
 - Lay your grapevine wreath on a table and gather all dried florals or other items you wish to add to the wreath. Arrange the florals around the wreath as desired, securing them with floral wire. Once finished, drop essential oils onto pine cones or grapevine for a passive diffuser!

Cinnamon Pinecone Fire Starter

This craft is a very simple one that my kids LOVE! It starts with gathering pine cones, which is always a fun fall task.

Pine cones in various sizes

Yarn of desired color (or even dryer lint!)

Essential oils

Gather your pine cones and spray with diluted Thieves Cleaner, then let sit overnight to dry. Once dry, wrap the yarn around the pine cones as desired. You can wrap all of it in the center or cover the whole thing - it's up to you! Just weave the yarn through the individual 'leaves' of the pine cone. Drop a few drops of Cinnamon Bark essential oil onto the yarn and let it sit overnight. Store then next to the fireplace, and add 2-3 to the wood when starting a fire!

Fall Spice Thieves Cleaner

Use as you would your regular diluted Thieves cleaner to Thieves all the things and enjoy a bit of Autumn at the same time!!

Pumpkin Spice Thieves Cleaner

16oz glass spray bottle

1-2 capfuls Thieves Household Cleaner

10 drops each Orange, Cinnamon Bark essential oils

5 drops each Ginger, Clove, Nutmeg essential oils

Fill with distilled water

Falling Leaves Thieves Cleaner

16oz glass spray bottle
1-2 capfuls Thieves Household Cleaner
10 drops each Tangerine, Northern Lights Black Spruce, Bergamot essential oils
5 drops Patchouli essential oil
Fill with distilled water

Caramel Apple Thieves Cleaner

Caramel Apple Thieves Cleaner
16oz glass spray bottle
1-2 capfuls Thieves Household Cleaner
10 drops each Bergamot, Cinnamon Bark, Stress Away essential oils
5 drops each Nutmeg, Tangerine essential oils
Fill with distilled water

Vanilla Spice Room Spray

Vanilla Spice Room Spray
To a 4 oz glass spray bottle add:
10 drops Vanilla
10 drops Orange
8 drops Cinnamon
5 drops Clove
3 drops Cardamom
Distilled water
Shake well and mist throughout your home!

DIY Autumn Foaming Hand Soaps

We can't get enough of creating custom hand soap scents for each season. These are a fun way to cozy up your home, make great host gifts and are simple to make!

Foaming hand soap bottle or recycle a YL one!

2 Tbsp Liquid Castile Soap

20 drops essential oils*

1 tsp Vitamin E oil

Add essential oils, Vitamin E oil and Castile Soap to the bottle, then top with water leaving 1" at the top

A few favorite scent options:

Chai Spice: 6 drops Cardamom + 4 drops Cinnamon Bark + 4 drops Clove + 4 drops Ginger + 2 Vanilla

Orchard Stroll: 6 drops Bergamot + 4 drops Tangerine + 4 drops Cedarwood + 4 Rosemary + 2 drops Lemon

Autumn Leaves: 5 drops Northern Lights Black Spruce + 5 drops Vetiver + 4 drops Tangerine + 4 drops Cinnamon Bark + 2 drops Vanilla



02

FALL COOKING

Pumpkin Preserving Spray

Pumpkin Preserving Spray

Do your pumpkins get eaten by squirrels or rot super quickly after you put them on your porch? Save them with this super easy DIY! To a 16 oz glass spray bottle add:

One capful of Thieves Household Cleaner

10 drops of Tea Tree.

Fill the rest of the way with water!

Use this to clean your pumpkins once before putting them all out (and try to keep them out of direct sunlight so they last even longer!), then spray as needed to preserve them as long as possible. Spritz your pumpkins every other day to keep the squirrels away!!

Pumpkin Bread

One of the best things about cooking in the fall is how perfectly the smells take over the house, and this pumpkin bread recipe does all the things! It tastes divine and is full of some favorite fall oils!

Ingredients:

- 3 C Sugar
- 1 C Coconut Oil
- 4 Eggs
- 3 1/3 C Flour
- 2 tsp Baking Soda
- 1 1/2 tsp Salt
- 2/3 C Water
- 1 15oz Can of Pumpkin (not pumpkin pie filling)
- 6 drops of Nutmeg Essential Oil
- 2 drops of Cinnamon Bark Essential Oil
- 1-2 drops of Orange Essential Oil
- 1 drop of Clove Essential Oil (clove is optional)

How-to:

1. Mix sugar, oil, and eggs
2. Mix in flour, baking soda, salt, cinnamon and nutmeg.
3. Stir in water and pumpkin by hand
4. Add essential oils and mix well
5. Pour batter evenly into 3 greased loaf pans and bake at 350 degrees for an hour or until toothpick/fork comes out clean.
6. Let cool for 10-15 minutes before removing and letting fully cool on wire racks
 - Let cool completely before wrapping

Apple Pumpkin Butter

- 15oz can of Pumpkin
- 1 3/4C applesauce
- 2/3C agave
- 1 in grated ginger
- 1t pure vanilla
- 1 drop Cinnamon Bark Vitality
- 2 drops Clove Vitality
- 2 drops Nutmeg Vitality
 - In a pot simmer all ingredients for 45 minutes. Then add the vanilla and essential oils. Place in a jar and enjoy or share!



FAVORITE FALL BEVERAGES

Pumpkin Spice Latte

- 2 cups strongly brewed coffee or espresso
- 1.5 cups milk (I like to use 1/2 almond milk and 1/2 full-fat coconut milk!)
- 3T pumpkin puree
- 3T maple syrup or honey
- 1/2tsp vanilla extract
- 1-2 drops Thieves Vitality
 - Combine all of the ingredients except the Thieves Vitality in a saucepan over medium-high heat, and simmer for 5 minutes, whisking occasionally until it is slightly frothy on top. Let cool for a few minutes and then add 1-2 drops of Thieves Vitality or spices. Use an immersion blender to stir or put it in a blender on high for 30 seconds. Divide into 4 mugs and serve!

Pumpkin Spice Frappuccino

- 2 cups cooled strong coffee or espresso
- 3/4 cup milk of choice
- 1/4 cup pumpkin puree
- 1/4 tsp Vanilla Extract
- 2T maple syrup or honey
- 1 drop Thieves Vitality (Cinnamon Bark, Nutmeg, Ginger, or Clove Vitality would all work!) - add oil to sweetener before blending
- Large handful of ice
 - Add all ingredients to a blender and blend well to desired consistency. Top with homemade whip or coconut whipped cream, caramel drizzle, a sprinkle of cinnamon, whatever makes you happy!

Maple Cinnamon Latte

- 12 ounces brewed, strong organic coffee
- 1/4 cup milk of choice
- 1T organic maple syrup (add more to taste)
- Organic ground cinnamon for dusting
- 1 drop Cinnamon Bark Vitality essential oil
- Optional: Electric milk frother
 - Grab your favorite coffee mug and line the bottom with maple syrup, about 1T. Pour the brewed coffee on top and stir gently to mix. Add the milk and essential oil (if using) to the frother, hit the button once, and wait while it warms. When ready, pour the milk into your coffee, top with a sprinkle of cinnamon and a small drizzle of maple syrup or a small sprinkle of raw sugar if desired!



Homemade Wassail



- Organic apple juice, about 3/4 of a bottle
- Organic pineapple juice, about 2 cups
- 10 drops Orange or Tangerine Vitality essential oil
- 5 drops Lemon Vitality Essential oil
- 5 drops Cinnamon Bark Vitality Essential oil
- 3 drops Clove Vitality Essential oil
- 2 drop Nutmeg Vitality Essential oil
- Cinnamon sticks, dried cloves to taste
- Orange slices, lemon slices, fresh cranberries, apple slices to garnish

Fill a slow cooker, about 3/4 full with organic apple juice, then top with organic pineapple juice. Add in essential oils and dried species and let simmer. Just before serving add plus orange slices, apples, cranberries, etc. to garnish! Your paragraph text

Wassail Champagne Punch

- ½ Gallon Apple Cider
- 2 cups organic orange juice
- 2 cups organic pineapple juice
- 4 cinnamon sticks
- 10 drops Lemon Vitality
- 5 drops Orange or Tangerine Vitality
- 5 drops Cinnamon Bark Vitality
- 3 drops Clove Vitality
- 1 drop Nutmeg Vitality
- Optional: whole cloves, orange peel, lemon peel
- Optional: Champagne



In a large sauce pan or dutch oven, combine apple cider, pineapple juice, orange juice, essential oils, cinnamon sticks and citrus peel and cloves (if using). Let simmer for about one hour, stirring occasionally. Allow to cool, then remove the cinnamon sticks, cloves, and orange peel. Pour into a pitcher and refrigerate.

When serving, pour the wassail mixture into a glass and fill about half full. Top with champagne or for a non-alcoholic version try adding Cran-Orange LaCroix or Trader Joe's Winter Sangria sparkling water! Garnish with orange slices or cranberries if you're feeling fancy!

You could make it and serve it hot too, just stop before after the second step or use a slow cooker for the entire process. You can easily prep this at home and take to a gathering as well!

[BECOME A MEMBER](#)

DIY Clay Leaf Tray

This DIY tray is a fun craft for the little ones to make and gift! Before the clay hardens, you can drop essential oils onto it. Choose stronger scents like Cinnamon Bark, Clove, Thieves or Peppermint to ensure more scent.

- Air dry clay
- Craft paper
- Rolling pin
- Craft paint (we like the metallic colors!)
- Paint brushes
- Modge Podge gloss or other sealer
- Various leaves from your yard
- First, explore around your yard and gather your leaves! Cut out a piece of air dry clay, then roll it out about 1/2 inch thick, making sure your leaf will fit fully onto the clay. Then, press your leaf (vein side down) onto the clay. Make sure all parts of the leaf press in so that you get all the pretty nuances of the leaf!

Remove the leaf from the clay, and cut around the outline with a knife (have adults do this part), then remove the excess air dry clay from around your imprint. Go around the perimeter of the leaf and gently press the sides up and in to create a small edge. If adding oils, do so now. Allow the clay to air dry and harden. We set ours on a baking rack so that both sides were exposed to air. After 24 hours they had hardened and were ready to paint!

Paint! Once the paint is dry, cover with a coat of Modge Podge gloss, then let that dry for 24 hours. After the coating is dry, have your children sign the back and write the year.



Pumpkin Pie Play Dough

An activity for the kids with the option of being free of harmful dyes and ingredients and leaves the house and their little hands smelling **AMAZING** plus it has immune boosting properties! You can make this together, super easy, then let them play the crisp, fall day away!!

- 2 cups cornstarch
- 1 cup Kidscents lotion
- 4 drops Cardamom
- 2 drops Orange
- 1 drop Cinnamon bark
- 1 drop Clove
- Mix all the ingredients together and let their imaginations run wild!