



Toxin Free Autumn

FILLED WITH ALL OUR FAVORITE
AUTUMN RECIPES

Pumpkin Spice Me Up

TOXIN FREE MOCK RECIPES

DIFFUSE ME

3 DROPS CARDAMOM
3 DROPS WILD ORANGE
2 DROPS CINNAMON
2 DROPS CLOVE BUD

SPRAY ME

20 DROPS WILD ORANGE
20 DROPS PATCHOULI
5 DROPS CLOVE
TOP WITH WATER

DRINK ME

1 CAN ORGANIC COCONUT CREAM WARMED
 $\frac{1}{2}$ CUP COFFEE
 $\frac{1}{4}$ CUP PURE PUMPKIN PUREE
2 TBSP COCO OIL
2 TBSP ORGANIC, GRASSFED BUTTER
2 EYE DROPS OF VANILLA STEVIA
1 DROP CINNAMON
1 DROP CLOVE BUD
1 DROP GINGER
BLEND UP AND DRINK WARM!

Pumpkin Spice Creamer

LASTS FOR UP TO SEVEN DAYS IN THE FRIDGE

1/3 CUP PUMPKIN PUREE

2 CUPS ALMOND MILK

VANILLA EXTRACT

MAPLE SYRUP TO TASTE

1 DROP CLOVE

1 DROP CINNAMON

1 DROP GINGER

BLEND TOGETHER IN THE BLENDER AND STORE IN AN
AIRTIGHT CONTAINER. ADD AS NEEDED TO YOUR
COFFEE!



Apple Spice

TOXIN FREE MOCK RECIPES



DIFFUSE ME

3 DROPS LEMON

2 DROPS CINNAMON

1 DROP CLOVE

SPRAY ME

15 DROPS WILD ORANGE

15 DROPS CINNAMON

15 DROPS GINGER

5 DROPS CASSIA

TOP WITH WATER



SCRUB ME

2 TBSP COCONUT OIL

1 TBSP HONEY

1 TBSP BROWN SUGAR

2 DROPS WILD ORANGE

1 DROP CINNAMON

1 DROP CLOVE



Spiced Vanilla Chai

TOXIN FREE MOCK RECIPES

DIFFUSE ME

3 DROPS CARDAMOM

2 DROPS CLOVE

2 DROPS CASSIA

1 DROP GINGER

SPRAY ME

30 DROPS WILD ORANGE

20 DROPS JUNIPER BERRY



DRINK ME

1 DROP CARDAMOM

1 DROP BLACK PEPPER

1 DROP CINNAMON

1 DROP WILD ORANGE

2 BAGS BLACK TEA

12 OZ WATER

12 OZ MILK OR SUBSTITUTE

SWEETENER OF CHOICE

Diffuser Blends

TO CREATE A COZY FALL HOME

HARVEST

4 DROPS TANGERINE
2 DROPS CASSIA
1 DROP CLOVE

AUTUMN

5 DROPS ORANGE
3 DROPS JUNIPER BERRY

WOODS

3 DROPS ARBORVITAE
3 DROPS CINNAMON

FALL TREAT

4 DROPS ORANGE
2 DROPS FRANKINCENSE
2 DROPS CASSIA

SPICED

4 DROPS WILD ORANGE
2 DROPS GINGER
2 DROPS CINNAMON
1 DROP CLOVE

THANKS

3 DROPS CORIANDER
2 DROPS CLOVE
1 DROP GINGER

JOY

5 DROPS CYPRESS
4 DROPS SIBERIAN FIR
3 DROPS SANDALWOOD

IMMUNE

2 DROPS ROSEMARY
2 DROPS CLOVE
2 DROPS EUCALYPTUS
2 DROPS ORANGE

PLAID

4 DROPS EUCALYPTUS
3 DROPS ORANGE
2 DROPS GINGER