

# Fall Room Sprays

Yield: 1 oz. (30 ml) Time: 2–5 minutes Difficulty: Easy

## Ingredients & Supplies

- 1/2 tsp. (2.5 ml) liquid vegetable glycerin
- 8–10 drops essential oil (see recipes below)
  - Distilled water
  - 1 oz. spray bottle

## Instructions

Pour glycerin and essential oil into the spray bottle; swirl to combine. Fill the rest of the bottle up with distilled water. Screw the lid on, and shake to mix. If possible, let sit overnight before using to allow the ingredients to integrate. To use, spray around the room as needed. Do not spray directly in the face.

## Essential Oil Fall Blends

### Pumpkin Spice Room Spray

- PUMPKIN SPICE**
- 3 drops cinnamon
  - 2 drops ginger
  - 2 drops clove
  - 2 drops orange
  - 1 drop cardamom

### Spiced Chai Room Spray

- SPICED CHAI**
- 3 drops cardamom
  - 2 drops cinnamon
  - 2 drops clove
  - 1 drop ginger

### Orange Pomander Room Spray

- ORANGE POMANDER**
- 4 drops orange
  - 2 drops clove
  - 2 drops rosemary

### Fall Leaves Room Spray

- FALL LEAVES**
- 6 drops orange
  - 1 drop patchouli
  - 1 drop ginger

### Autumn Spice Room Spray

- AUTUMN SPICE**
- 4 drops orange
  - 3 drops ginger
  - 2 drops cinnamon

### Snickerdoodle Room Spray

- SNICKERDOODLE**
- 5 drops orange
  - 2 drops cinnamon
  - 1 drop clove

You can buy the glycerin and 1 oz. bottles from [aromatools.com](http://aromatools.com) and can find labels to print on [blog.aromatools.com](http://blog.aromatools.com).

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