



Your Complete Guide

to the

Fall Bundle

with the Fresh Start Diffuser



Everything you
need for a clean,
cozy, and
inviting home
this Fall!



Naturally
Derived



Non-Toxic
Cleaning



Uplifting
Aromas



Wellness for
Your Family

The Fresh Start Diffuser

Ultrasonic diffusers use vibrations to break down water and essential oils into a fine mist that's released into the air. This mist carries the aroma and helps humidify the air, creating a peaceful, inviting atmosphere. When the scent molecules reach your nose, they send messages to your brain, influencing your mood, memories, and emotions. It's a simple, natural way to support well-being and fill your home with the power of nature.

A Fun Way to Display Your Fresh Start Diffuser



You can also buy a plastic pumpkin, cut the top off and cut a hole in the back for the cord.

Product Highlights



Offers three run times: 1 hour, intermittent (1 minute on/1 minute off) mode, and continuous, so you can scent your space on your schedule



Automatically shuts off when time runs out or water runs out



Features three LED light settings: bright, semi-bright, and candlelight

Suggested Use



Fill the FreshStart Diffuser's reservoir with water. Add 8–10 drops of your favorite essential oils. Select your preferred diffusion and light modes and fall in love with Fall.

Don't Miss Out! Supplies are limited so order **TODAY!**
[Fall Bundle with the Fresh Start Diffuser](#)

24 Fall-Inspired Diffuser Recipes

Here are 24 fall-inspired diffuser recipes for the FreshStart diffuser using Christmas Spirit, Nutmeg, Orange, Clove, Vanilla, and Bergamot essential oils, all included in the Fall Bundle. These recipes combine the warmth of spices with the freshness of citrus to create the perfect cozy Fall atmosphere.

Feel free to adjust the drop amounts to match the strength of scent you prefer.

1 Autumn Cozy

3 drops Christmas Spirit
2 drops Nutmeg
2 drops Orange

2 Spiced Citrus

3 drops Orange
2 drops Clove
2 drops Nutmeg

3 Citrus Harvest

3 drops Vanilla
2 drops Bergamot
2 drops Clove

4 Warm Hearth

4 drops Christmas Spirit
2 drops Nutmeg
2 drops Orange

5 Crisp Citrus

4 drops Vanilla
3 drops Orange
2 drops Bergamot

6 Festive Spice

4 drops Christmas Spirit
2 drops Clove
2 drops Nutmeg

7 Pumpkin Spice

3 drops Nutmeg
2 drops Clove
3 drops Orange

8 Autumn Glow

3 drops Bergamot
3 drops Christmas Spirit
2 drops Nutmeg

9 Fall Morning

4 drops Christmas Spirit
3 drops Orange
2 drops Vanilla

10 Cozy Vibes

4 drops Nutmeg
2 drops Clove
3 drops Orange

11 Harvest Spice

3 drops Bergamot
3 drops Nutmeg
2 drops Clove

12 Sweet Citrus Spice

4 drops Vanilla
3 drops Orange
2 drops Clove

13 Autumn Citrus

3 drops Orange
2 drops Clove
2 drops Bergamot

14 Spicy Woods

4 drops Christmas Spirit
3 drops Nutmeg
2 drops Clove

15 Fall Refresh

3 drops Orange
3 drops Christmas Spirit
2 drops Clove

16 Golden Citrus

4 drops Vanilla
3 drops Bergamot
2 drops Orange

17 Cinnamon Citrus

4 drops Christmas Spirit
3 drops Orange
2 drops Nutmeg

18 Warm Spices

3 drops Clove
3 drops Christmas Spirit
2 drops Nutmeg

19 Autumn Breeze

3 drops Bergamot
3 drops Vanilla
2 drops Orange

20 Crisp Fall Air

4 drops Christmas Spirit
3 drops Clove
2 drops Vanilla

21 Cider Spice

3 drops Nutmeg
3 drops Clove
2 drops Orange

22 Citrus Orchard

4 drops Bergamot
3 drops Orange
2 drops Vanilla

23 Amber Woods

4 drops Christmas Spirit
3 drops Clove
2 drops Bergamot

24 Sweet Spices

4 drops Vanilla
3 drops Nutmeg
2 drops Clove

♥ Cozy scents. Peaceful moments. Memories that last. ♥

Fall-Inspired Room Spray Recipes

These fall-inspired room sprays will fill your home with cozy, inviting aromas that capture the essence of the season. In a 2 oz. spray bottle (Amazon), add a pinch of salt, essential oils, 1 tablespoon of unscented witch hazel or vodka, fill the rest of the bottle with DISTILLED water. Shake bottle each time before using.

All recipes make a 2 oz. room spray.

1

Cozy Cabin

- 10 drops Christmas Spirit
- 6 drops Nutmeg
- 6 drops Orange

2

Autumn Harvest

- 8 drops Orange
- 6 drops Clove
- 6 drops Vanilla

3

Pumpkin Spice

- 10 drops Nutmeg
- 6 drops Clove
- 6 drops Vanilla

4

Citrus & Spice

- 8 drops Orange
- 6 drops Clove
- 6 drops Bergamot

5

Warm & Woodsy

- 10 drops Christmas Spirit
- 6 drops Nutmeg
- 6 drops Vanilla

6

Spiced Vanilla

- 8 drops Vanilla
- 6 drops Nutmeg
- 6 drops Clove

7

Fall Breeze

- 8 drops Orange
- 6 drops Bergamot
- 6 drops Vanilla

8

Thankful Heart

- 8 drops Christmas Spirit
- 6 drops Orange
- 6 drops Clove

How to Use

- Shake well before each use.
- Mist in the air to refresh any room.
- Spray on pillows, curtains, or linens.
- Perfect for bathrooms, entryways, offices, and more!

Made
with
love

GIFT
IDEA!

Pour into a cute 2 oz. spray bottle, add a tag, and gift the cozy feels of Fall!

Simple ingredients. Natural scents. Cozy moments.

More ways to use the Fall Bundle recipes...

In a 2 oz. spray bottle (Amazon), add a pinch of salt, essential oils, 1 tablespoon of unscented witch hazel or vodka, fill the rest of the bottle with DISTILLED water. Shake bottle each time before using.

- Spritz your dryer balls for a clean, fall scent on your clothes and towels.
- Fill a small jar (16oz) with baking soda and add 4-6 squirts of room spray to the jar. Shake/stir well, let sit for 2 hours to allow the scent to permeate the baking soda. Sprinkle on your rugs and carpets. Leave on for 30 minutes then vacuum. (First sprinkle on an inconspicuous place to make sure the material likes the mixture.) Adjust number of squirts to your liking.
- Add a few spritzes to your Thieves Household Cleaner spray bottle or cleaning wipes (see below.)
- Lightly spritz the room spray on your car's carpet and let dry for 30 minutes.
- Spritz your garbage cans for a fresh Fall scent.
- Refresh your fall potpourri with a few spritzes.
- Add a few spritzes to your hand soap and dish soap.
- Make a 15mL bottle of one of the recipes and diffuse in the [Young Living Wanderlust Diffuser](#).

PRO TIP: Create a signature perfume by mixing Bergamot oil with a floral middle note, like Jasmine or Geranium, and a musky base note, like Cedarwood, Patchouli, or Frankincense.



Thieves Household Cleaner comes in it's new bottle. Scan the QR code on the back of to see how you are supporting so many farms around the world with your purchase.

Click [HERE](#) for 29 different ways to use Thieves Household Cleaner.

One of my favorite ways is to wash my hair with a capful of THHC. I know, CRAZY! Just pour a capful on wet hair, rub in and rinse. You don't even need conditioner. I do this once a week to detox any build-up on my hair.



DIY Thieves Cleaning Wipes

I love keeping a jar of Thieves wipes on my kitchen counter and one in the bathroom. It's so easy to grab a wipe and clean up messes...anywhere!

Click [HERE](#) to watch how to make easy and affordable cleaning wipes with Thieves Household Cleaner.



BECAUSE
→ FOOD ←
TOUCHES
YOUR
COUNTERTOPS

Simple ingredients. Natural scents. Cozy moments.



BESTEST Pumpkin Bread EVER!!!

Makes 8 mini loaves

- 3-1/2 cups all-purpose flour
- 1 tsp salt
- 2 tsp baking soda
- 1 tsp baking powder
- 2-3/4 cups sugar
- 1/2 cup fractionated coconut cooking oil
- 1/2 cup (8 TBL) unsalted butter, softened
- 1 (15 oz) can pumpkin puree
- 4 large eggs
- 1/3 cup water
- 2 – 5.3 oz vanilla Greek yogurt
- 3 drops Cinnamon Bark Vitality YLEO
- 2 drops Clove Vitality YLEO
- 3 drops Nutmeg Vitality YLEO
- 1 drop Ginger Vitality YLEO
- 4 drops Lemon Vitality YLEO

Orange Glaze (Don't skip this part!)

- 1 cup powdered sugar
- 2 T milk
- 3 drops Orange Vitality YLEO



*I love to bake them in the
Fall mini loaf pans from
Dollar Tree! Makes great gifts.*

Directions

- Heat oven to 325 degrees. Spray mini pans with non-stick cooking spray.
 - In a small bowl, combine flour, salt, baking soda, baking powder, and sugar. Stir and set aside.
 - In a mixing bowl, combine the coconut oil, butter, pumpkin, eggs, water, yogurt, and all YL essential oils. Blend until combined.
 - With the mixer on low, slowly add the dry ingredients into the wet ingredients. Scrape the sides often to make sure all the ingredients get blended in. When they're combined, switch mixer to medium and blend for two minutes until mixture is light and fluffy.
 - Divide the batter evenly among the mini loaf pans. Place the filled mini pans on a large cookie sheet to make it easier to transfer them to and from the oven.
 - Bake for 45-48 minutes or until a toothpick comes out clean from the middle of the bread.
 - Allow to cool 5 minutes.
 - Stir together Orange Glaze ingredients and pour over the top of loaves. Let stand for 1 hour.
 - Wrap each loaf and put in sealed Tupperware until ready to eat.
- Can be frozen up to 2 months. Enjoy!



*Simple ingredients.
Made with love.
Perfect for Fall.*



Healthy ORANGE CINNAMON Cranberry Bars



INGREDIENTS

- 1 cup pecan pieces
- 2/3 cup dried cranberries
- 1 3/4 cups old-fashioned oats, pulsed briefly in a food processor or blender to break them up
- 3 drops YL Orange Vitality
- 1 drop YL Cinnamon Bark Vitality
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt, to taste
- 1 cup organic, unsalted almond butter or peanut butter (mix with a single hand mixer if oil and butter have separated. Hold on tight to the jar while mixing.)
- 1/2 cup honey or maple syrup (vegan)
- 1 1/2 teaspoons vanilla extract

DIRECTIONS

- 1 Line a 9-inch square baker with two strips of criss-crossed parchment paper, making sure the paper comes up on all sides to make it easy to lift out of pan and cut into bars.
- 2 Toast pecans in 350 degree oven for 5 minutes. (Be careful, they burn easily.)
- 3 Transfer the toasted pecans to a food processor or blender. Add the cranberries and then run the machine for about 10 seconds, until the nuts and cranberries are all broken up. Add to a small mixing bowl. Mix in the oats and whisk until combined.
- 4 In a small bowl, mix cinnamon and salt. Top with Orange EO and Cinnamon EO. Mix well.
- 5 In a small mixing bowl, whisk together the almond butter, honey and vanilla extract until well blended.
- 6 Pour the liquid ingredients into the dry ingredients. Use a big spoon to mix them together until the two are evenly combined and no dry oats remain. This takes some arm muscles, but you can do it! If the mixture was easy to mix together, that's a sign that you need to add some more oats—sprinkle in more oats until you can't incorporate any more.
- 7 Transfer the mixture to the prepared square baker. Use your spoon to arrange the mixture fairly evenly in the baker, then use the bottom of a flat, round surface (like a short, sturdy drinking glass), covered in a small piece of parchment paper, to pack the mixture down as firmly and evenly as possible.
- 8 Cover and refrigerate for at least one hour, or preferably overnight. (The oats need time to soak up some of the moisture so they aren't sticky.) When you're ready to slice, lift the bars out of the baker by grabbing both pieces of parchment paper on opposite corners. Use a sharp knife to slice the bars into 1" strips, then slice them in half through the middle.
- 9 For portability, you can wrap individual bars in wax paper and store in glass container. Bars keep well for a couple of days at room temperature and refrigerator. To keep longer, store individually wrapped bars in a freezer-safe bag in the freezer for up to 2 months.
- 10 OPTIONS: Dark chocolate mini chips, sunflower seeds, pumpkin seeds, flax seed. Prepare according to your dietary needs. GLUTEN FREE: Choose certified gluten-free oats.

Recipe adapted from Cookie & Kate

Great for
on-the-go
snacks,
lunch boxes,
or a healthy
afternoon
pick-me-up!



Simple ingredients. Natural goodness. Cozy moments.

Fall Sugar SCRUB RECIPE

- ♥ 2 cups brown sugar
- ♥ 1/2 cup white sugar
- ♥ 1/2 tsp cinnamon
- ♥ 4 drops Cinnamon Bark eo
- ♥ 4 drops Thieves
- ♥ 2 drops Orange
- ♥ 2 drops Nutmeg
- ♥ 2 drops Lemon
- ♥ 2 drops Clove
- ♥ 1 cup Grapeseed oil (Olive, coconut, jojoba, almond work well too)

Mix and pour into sealable glass jars.
(Makes 8 small jars. Perfect for gift giving.)



FOOT SOAK

Soak feet in oil-infused Epsom salt and baking soda in warm water for 10 minutes. Add a TBL of sugar scrub to each foot and massage heels, toes, ankles. Rinse and towel dry.

For extra soft heels and toes, massage YL Lavender Body Lotion on your feet. Then put those piggies in comfy slippers!

You can also use on elbows and knees... anywhere your body needs a little TLC.



Pamper Yourself Naturally

Simple ingredients. Natural goodness.

♥ Cozy moments. ♥

A DELISH DELIGHT ON

Halloween Night

Witch's Brew

Ingredients

- ♥ 2 quarts fresh apple cider
- ♥ 1 orange, unpeeled and cut into slices
- ♥ 3 drops Lemon essential oil
- ♥ 1 drop Cinnamon Bark essential oil
- ♥ 1 drop Clove essential oil
- ♥ 1 drop Nutmeg essential oil
- ♥ Cinnamon sticks, for serving



You can also add a cup of moonshine to this recipe,
but make sure there are no children around,

this stuff is so good!

— Don't Miss Out! Supplies are limited so order TODAY! —



Fall Bundle with the Fresh Start Diffuser

A Helpful Tip: CLEANING YOUR DIFFUSER



- ✓ Always turn off and unplug the diffuser prior to cleaning.
- ✓ To ensure proper performance, clean the ultrasonic plate and lid after each use.
- ✓ If essential oil begins to build up on the ultrasonic plate, gently wipe it off using a cotton swab dipped in rubbing alcohol.
- ✓ If essential oil begins to build up on the lid, gently wipe it off using mild soap and water only.
- ✓ Never use a corrosive detergent to clean the ultrasonic plate or damage will occur.
- ✓ Periodically check under the diffuser to keep the fan intake free of debris.
- ✓ Debris can be removed by blowing on the fan intake opening or wiping with a clean, dry cloth. (Do not use aerosols sprays, solvents, or abrasives to clean the plastic housing.)
- ✓ When not in use, clean the diffuser and store dry. Replacement ultrasonic plates can be purchased from Young Living.



Laughter

IS THE BEST MEDICINE



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so order TODAY!

Fall Bundle with the Fresh Start Diffuser

Before you go, my friend...



I just want to **thank you** for caring for you, and your loved ones, in your home. It is so important to eliminate burning candles, harsh chemicals, synthetic fragrances and replace them with clean, pure, plant-based products that our body recognizes and can process easily.

Do you know anyone who would love the Fall Bundle for their home?

You can share your referral link* with friends and family. Once they order 50PV (not \$50) or more on their first order, you'll receive 25% of their order in credits in your account to apply to your next order. Learn more **HERE**. Or better yet, become a Brand Partner and get even more perks! Contact me and I'll help you get on the road to freedom and health!

Don't have an account yet? Click **HERE** and receive 24% off retail prices for a whole year!

Get another **10% off** your first order by adding **SHAREYL** in the promo code box at checkout.

*How to find your referral link:

Log into your YL account (now that you have one, my smart friend.)
Hover over MY ACCOUNT, click SHAREYL, Copy/Save referral link.
I like to add it to my phone contacts so I can share it anytime.

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Fall Bundle with the Fresh Start Diffuser



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wellspring of HOPE

Feel As Fabulous As You Look & Look As Fabulous As You Feel

