wellspring of HOPE

Your Complete Guide to the Winter Bundle



$240 Value for Only $129

Simple, Natural Ways to Create a Clean, Cozy & Joyful Home This Season

Live Freely • Love Fully • Finish Well

www.wellspringofhope.net

Everything you need to refresh your home, support a healthy atmosphere, and create a warm, welcoming space for the holidays!



What's Included:

- Fresh Start™ Diffuser
- Thieves® Household Cleaner Concentrate
- Peppermint Essential Oil
- Christmas Spirit® Essential Oil
- Grapefruit Essential Oil
- Vanilla Essential Oil
- Evergreen Essence® Essential Oil

The Fresh Start Diffuser

An ultrasonic diffuser that uses high-frequency vibrations to turn water and essential oils into a fine, aromatic mist that freshens your air, supports wellness, and creates a cozy, inviting atmosphere.



Product Highlights:

- Three run times: 1 hour, intermittent (1 min. on / 1 min. off), and continuous
- Automatically shuts off when time or water runs out
- Three LED light settings: bright, semi-bright, and candlelight

How to Use:

1. Fill the reservoir with water.
2. Add 8–10 drops of your favorite oils. *(Adjust drops to your liking.)*
3. Choose your runtime and light setting.
4. Enjoy a clean, fragrant, holiday-ready home!

The Power of Aromatherapy

Aromas connect directly to the limbic lobe of your brain—the emotional center—impacting your mood, memory, and overall sense of well-being.



Benefits May Include:

- Support a positive mood and mindset
- Create a calm, cozy environment
- Bring back special memories
- Helps eliminate unwanted odors
- Refresh and purify your home naturally

24 Winter Diffuser Blends

Cozy, fresh and festive blends using the Winter Bundle oils.

1 Winter Welcome
- 3 Christmas Spirit®
- 2 Grapefruit
- 2 Evergreen Essence®

2 Cozy Cabin
- 3 Evergreen Essence®
- 2 Vanilla
- 2 Christmas Spirit®

3 Holiday Cheer
- 4 Christmas Spirit®
- 3 Grapefruit
- 2 Vanilla

4 Frosted Pines
- 4 Evergreen Essence®
- 3 Peppermint
- 2 Grapefruit

5 Cozy Evening
- 3 Vanilla
- 2 Christmas Spirit®
- 2 Grapefruit

6 Winter Fresh
- 4 Peppermint
- 3 Grapefruit
- 2 Evergreen Essence®

7 Christmas Morning
- 3 Christmas Spirit®
- 3 Vanilla
- 2 Peppermint

8 Snowy Lakeside
- 3 Evergreen Essence®
- 3 Grapefruit
- 2 Peppermint

9 Winter Wonderland
- 4 Peppermint
- 2 Vanilla
- 2 Evergreen Essence®

10 Holiday Baking
- 4 Vanilla
- 3 Christmas Spirit®
- 1 Grapefruit

Winter Diffuser Blends

Recipes 11 – 24

11 Mistletoe Magic

- 3 Evergreen Essence®
- 3 Christmas Spirit®
- 2 Grapefruit



12 Peppermint Dream

- 3 Peppermint
- 4 Vanilla
- 1 Christmas Spirit®



13 Fireside Memories

- 4 Christmas Spirit®
- 3 Vanilla
- 1 Evergreen Essence®



14 Fresh Fallen Snow

- 4 Grapefruit
- 3 Peppermint
- 1 Evergreen Essence®



15 Christmas Tree Farm

- 5 Evergreen Essence®
- 2 Christmas Spirit®
- 1 Vanilla



16 Winter Sunrise

- 4 Grapefruit
- 2 Vanilla
- 2 Christmas Spirit®



17 Cozy Christmas Cottage

- 3 Vanilla
- 3 Evergreen Essence®
- 2 Christmas Spirit®



18 Candy Cane Lane

- 4 Peppermint
- 3 Vanilla
- 1 Grapefruit



19 Peaceful Winter Night

- 4 Vanilla
- 2 Evergreen Essence®
- 2 Grapefruit



20 Holiday Open House

- 3 Christmas Spirit®
- 3 Grapefruit
- 3 Peppermint



21 Frosted Evergreen

- 4 Evergreen Essence®
- 3 Peppermint
- 1 Vanilla



22 Winter Citrus Sparkle

- 5 Grapefruit
- 2 Peppermint
- 1 Christmas Spirit®



23 Christmas by the Lake

- 3 Evergreen Essence®
- 3 Vanilla
- 2 Grapefruit



24 Silent Night

- 4 Vanilla
- 2 Christmas Spirit®
- 2 Evergreen Essence®



Holiday Room Spray Recipes

Freshen your home naturally with these simple, festive room sprays.



Christmas Cottage

- 10 drops Christmas Spirit®
- 5 drops Vanilla
- 5 drops Grapefruit

Winter Forest

- 8 drops Evergreen Essence®
- 6 drops Peppermint
- 4 drops Grapefruit

Cozy Home

- 8 drops Vanilla
- 6 drops Christmas Spirit®
- 4 drops Evergreen Essence®

How to Make a 4 oz Room Spray

1. Use a 4 oz (120 ml) spray bottle.
2. Add 1 Tbsp (15 ml) witch hazel (helps the scent blend and disperse).
3. Add 15–20 drops of your favorite blend.
4. Fill the rest of the bottle with distilled water.
5. Shake well before each use.

Pro Tip: *Use any winter diffuser blends for your room spray. Adjust number of drops to your liking.*

Holiday Carpet Freshener

Naturally freshen carpets, rugs, and upholstery with these easy, aromatic blends.



Christmas Cottage

- 10 drops Christmas Spirit®
- 5 drops Vanilla
- 5 drops Grapefruit

Winter Forest

- 8 drops Evergreen Essence®
- 6 drops Peppermint
- 4 drops Grapefruit

Cozy Home

- 8 drops Vanilla
- 6 drops Christmas Spirit®
- 4 drops Evergreen Essence®

How to Make Carpet Freshener

1. In a bowl, add 1 cup baking soda.
2. Add 15–20 drops of your favorite ***winter diffuser blend.***
3. Stir well to combine.
4. Transfer to a jar with a shaker lid.
5. Let sit for 12–24 hours.

To Use:

Lightly sprinkle on carpets, rugs, or upholstery. Let sit for 15–30 minutes, then vacuum thoroughly.

Thieves® Cleaning & Home Refresh

Naturally clean, freshen, and deodorize your home with the power of Thieves®.



All-Purpose Cleaner

- 1 capful Thieves® Cleaner (≈ 1 Tbsp / 15 ml)
- 24 oz (710 ml) water in a spray bottle

Kitchen Refresh

- 1 capful Thieves® Cleaner
- 16 oz (473 ml) water
- Optional: 5 drops Lemon

Bathroom Power Clean

- 2 capfuls Thieves® Cleaner
- 24 oz (710 ml) water
- Optional: 5 drops Tea Tree

Mirrors & Windows Cleaner

- 1 capful Thieves® Cleaner
- 24 oz (710 ml) water
- Optional: 5 drops Lemon

Air & Fabric Freshener

- 1 cup (240 ml) water
- 10–15 drops Thieves®
- In a spray bottle, mist into the air, onto fabrics, or in musty spaces

One Bottle = 29 Bottles

Quick Home Refresh Ideas

- Wipe down high-touch surfaces (counters, handles, switches).
- Freshen floors by adding 1–2 capfuls to a bucket of mop water.
- Deodorize trash cans with a light spray.
- Spray on entry rugs, upholstery, and curtains.
- Clean and freshen the inside of your car.



Pro Tip: *Keep a Thieves® spray bottle ready in key areas (kitchen, bathroom, and entryway) for quick, natural cleaning and freshening anytime.*

Peppermint Recipes

Cozy & Delicious Peppermint Favorites

Peppermint Hot Cocoa



Ingredients:

- 2 cups milk
- 3 tbsp cocoa
- 1–2 tbsp maple syrup
- ¼ tsp vanilla extract
- 1–2 drops Peppermint Vitality®

Directions:

Whisk over medium heat until warm. Serve with whipped cream if desired.

Optional: Peppermint Vitality® only according to the food label; properly diluted for ingestion

Peppermint or Orange Fudge



Ingredients:

- 2 cups milk chocolate chips
- 1 cup sweetened condensed milk (14 oz)
- 4–5 drops Peppermint Vitality® or Orange Vitality®
- Salt
- Pan, lined with foil and greased

Directions:

Melt chocolate chips with condensed milk (microwave 1 minute, stir until smooth). Add essential oil and salt. Spread in pan, smooth evenly, refrigerate 2–3 hours. Cut into squares and enjoy!

Peppermint Patties



Ingredients:

- ½ cup refined coconut oil
- 5 tbsp raw honey
- ½ tsp vanilla extract
- 6–12 drops Peppermint Vitality®
- 1 cup semi-sweet or dark chocolate chips

Directions:

Combine coconut oil, honey, vanilla and peppermint in a bowl; whisk until smooth. Freeze 8–10 minutes, until firm. Line 10 holes (½ cup each), add peppermint, Melt chocolate chips, (double boiler), Top with dark, place on parchment, and let set. Store in the refrigerator. Best served chilled.

Peppermint Fudge Brownies



Ingredients:

- 12 oz semi-sweet chocolate, chopped
- ¾ cup butter
- 1½ cup coconut sugar (or white)
- 1 tbsp vanilla
- 4 large eggs
- 4 drops Peppermint Vitality®
- 1 cup all-purpose flour (gluten-free)
- 1 cup chocolate chips

Directions:

Preheat oven to 250°F. Grease a 13x9 pan. Melt chocolate and butter. Stir until smooth (about 10 minutes). Add sugar, vanilla, eggs, and peppermint; whisk well. Stir in salt and flour until combined. Fold in chocolate chips. Pour into pan and bake 30 minutes. Enjoy!

Simple Recipes with a Fresh Peppermint Twist!



Optional:

Substitute Peppermint essential oil for Orange Vitality® for a citrusy twist.®

Grapefruit Vitality® Recipes

Bright, Fresh & Refreshing Ways to Enjoy Grapefruit Vitality®

Citrus Sunrise Smoothie



Ingredients:

- 1 cup unsweetened almond milk
- 1 scoop Pure Protein Plus® (vanilla or citrus)
- ½ grapefruit, peeled
- ½ banana
- Ice
- 2 drops Grapefruit Vitality®

Directions:

Blend all ingredients until smooth and creamy. Enjoy a refreshing, protein-packed treat!

Grapefruit Vinaigrette



Ingredients:

- ¼ cup extra virgin olive oil
- 2 Tbsp fresh grapefruit juice
- 1 tsp Dijon mustard
- ⅓ tsp raw honey
- 2–3 drops Grapefruit Vitality®
- Pinch of sea salt & black pepper

Directions:

Whisk all ingredients together until well blended. Drizzle over salads, roasted vegetables, or grilled chicken.

Grapefruit Energy Balls



Ingredients:

- 1 cup rolled oats
- ½ cup almond butter (or nut butter of choice)
- ⅓ cup unsweetened shredded coconut
- 2 Tbsp honey
- 2–3 drops Grapefruit Vitality®
- Zest of ½ grapefruit (optional)

Directions:

Mix all ingredients in a bowl. Roll into 1-inch balls. Refrigerate for 15–20 minutes. Store in an airtight container in the refrigerator for up to 1 week.

Sparkling Grapefruit Refresher



Ingredients:

- 16 oz. sparkling water (or still water)
- ½ cup fresh grapefruit juice
- 1–2 drops Grapefruit Vitality®
- Ice
- Fresh mint (optional)

Directions:

Fill a glass with ice. Add grapefruit juice and Grapefruit Vitality®. Top with sparkling water and a sprig of fresh mint. Stir and enjoy!



Why Grapefruit Vitality®?

- Adds a bright, citrus flavor to recipes.
- A refreshing, low-sugar way to flavor drinks & treats.
- A favorite for a light, uplifting boost.
- Perfect for smoothies, dressings, and healthy

Same Oil, Different Label — Young Living Vitality Oils Explained

*Young Living's Vitality oils are the **exact same essential oils** as their regular line — the only difference is that Vitality oils are labeled for internal (dietary) use, while regular oils are labeled for topical and aromatic use.*



Why Two Labels?

The difference is *regulatory, not chemical.*

- ***Vitality oils*** carry a white label and are marked as dietary supplements for ingestion, in compliance with U.S. FDA rules.
- ***Regular oils*** are labeled for topical (skin) and aromatic (diffuser) use only.

Regular Line (Green Label)

- **Topical Use** (on skin, diluted)
- **Aromatic Use** (inhalation/ diffuser)

Vitality® Line (White Label)

- **Internal Use** *(dietary supplement)*

Also may be used topically and aromatically.

This separation is required because the FDA treats internal and external uses of essential oils as different product categories. The oil itself — its botanical source, distillation method, and quality — is identical in both lines.

Holiday Preparation Checklist

A Simple, Stress-Less Plan for a Joyful and Healthy Holiday Season

Plan & Prepare

- ☐ Set a realistic plan and budget.
- ☐ Make a menu and grocery list.
- ☐ Plan for house guests (bedding, towels, welcome items).
- ☐ Schedule extra time for rest and self-care.

Home & Hospitality

- ☐ Declutter and simplify high-traffic areas.
- ☐ Make a natural cleaning plan (Thieves® Household Cleaner).
- ☐ Refresh the air with favorite holiday diffuser blends.
- ☐ Prepare a "guest ready" basket (oils, blankets, snacks, etc.).

Gifts & Goodies

- ☐ Create a gift list and shop early.
- ☐ Make homemade treats or simple food gifts (oils add a special touch!).
- ☐ Try DIY gift ideas (room sprays, rollers, or bath salts).
- ☐ Wrap and label gifts as you go.

Health & Wellness

- ☐ Support your immune system (*NingXia Red®*, *ImmuPro®*, *Vitality®* oils).
- ☐ Stay hydrated (especially with travel and busy days).
- ☐ Keep up with daily movement (even 7 minutes counts!).
- ☐ Prioritize quality sleep.
- ☐ Use calming oils (Peace & Calming®, Lavender®, or Valor®) for emotional balance.

Heart & Faith

- ☐ Keep Christ at the center of the season.
- ☐ Plan a meaningful family devotion or gratitude time.
- ☐ Look for simple ways to serve others (a meal, a note, or a kind act).
- ☐ Practice gratitude daily.

Final Touches

- ☐ Confirm travel plans and reservations.
- ☐ Check decorations, lights, and supplies.
- ☐ Plan a few "just for you" moments to relax and recharge.
- ☐ Take a deep breath and enjoy the season!

Prepare with Purpose
Serve with Joy
Celebrate His Goodness!



wellspring of HOPE

A Note from Coach Julie

As we wrap up this guide, I want to remind you that wellness isn't about perfection. It's about making small, intentional choices each day that nourish your body, refresh your spirit, and bring joy to your home.

My prayer is that these pages have inspired you to embrace simple, natural living, create meaningful moments with those you love, and remember that every season of life is an opportunity to grow in grace.

Thank you for allowing me to be a small part of your wellness journey. I'm always just an email away if you have questions, need encouragement, or simply want to connect!

Live freely. Love fully. Finish well.



With love, hope, and a little laughter,

Coach Julie

Certified Essential Oil Coach
Certified Aroma Freedom Coach

julie@wellspringofhope.net

www.wellspringofhope.net

"May the God of hope fill you with all joy and peace as you trust in him."
— Romans 15:13