

Essential Oils for Fall



As Autumn brings forth its cooler temperatures and richly colored leaves, it's a perfect time to enjoy diffusing and blending with warming essential oils like ginger, cardamom, cinnamon and clove.

When creating formulating with blends of spice essential oils, they can be quite strong. Thus, when creating a seasonal autumn-scented blend, always start with one essential oil and then complement it by adding other spice oils in low proportion.



Citrus oils, especially Sweet Orange Essential Oil blend well with the spice oils. During the chilly fall months, combine a few drops of ginger, cinnamon, clove, and/or patchouli with Orange, Mandarin or Tangerine. Working with the other citrus oils like Bergamot, Lemon, Lime and Grapefruit and the oils in the below list can lead to some lovely combinations.

Following is a list of essential oils well suited for incorporation into your favorite fall and autumn diffuser blends. The oils included in this list were selected for their warming, spicy, resinous or woody aroma.



Essential Oils for Fall



Allspice Oil
Pimenta dioica

Aniseed (Anise) Oil
Pimpinella anisum

Badiane Oil (Star Anise)
Illicium verum

Balsam, Peru Oil
Myroxylon pereirae

Bay Laurel Oil
Laurus nobilis

Bay Oil
Cinnamomum tamala

Benzoin Oil
Styrax benzoin

Black Pepper Oil
Piper nigrum

Cardamom Oil
Elettaria cardamomum

Carrot Seed Oil
Daucus carota

Cassia Oil
Cinnamomum cassia

Cedarwood, Atlas Oil
Cedrus atlantica

Cedarwood, Virginian Oil
Juniperus virginiana

Cinnamon Bark Oil
Cinnamomum zeylanicum

Clary Sage Oil
Salvia sclarea

Clove Bud Oil
Eugenia caryophyllata

Coffee Oil
Coffea arabica

Coriander Oil
Coriandrum sativum

Cumin Oil
Cuminum cyminum

Dill Oil
Anethum graveolens

Fennel Oil
Foeniculum vulgare var. dulce

Frankincense Oil
Boswellia carterii



While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

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Essential Oils for Fall



Frankincense Oil
Boswellia frereana

Frankincense Oil
Boswellia serrata

Galbanum Oil
Ferula galbaniflua

Ginger Oil
Zingiber officinale

Gurjum Balsam Oil
Dipterocarpus jourdainii

Myrrh Oil
Commiphora myrrha

Nutmeg Oil
Myristica fragrans

Patchouli Oil
Pogostemon cablin

Rosemary Oil
Rosmarinus officinalis

Rosewood Oil
Aniba rosaeodora

Sage Oil
Salvia officinalis

Sage, Spanish Oil
Salvia lavandulaefolia

Sandalwood Oil
Santalum spicatum

Vanilla Oil
Vanilla planifolia

Vetiver Oil
Vetiveria zizanioides



Need some help or more information? Please contact our ingredient experts for customised recommendations based on your objectives. sales@napproducts.com

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SAFETY FIRST

Essentials oils can be 50-100x more concentrated than natural levels in the plant. Take caution and always mind best practices when using oils. If applying topically, they should be diluted into a carrier oil and ONLY IF they are recommended for ingestion or inhalation, be sure to follow recommended dosage.

EXTERNAL RECOMMENDATIONS

Essential oil:

Several drops rubbed into the skin. (This may be diluted at 30 ml essential oil to 500 ml of a suitable carrier such as vegetable oil.)

Ointment:

Semi-solid preparation containing 5-20% essential oil (in carrier oils, creams, or lotions) for local application. (Salve)

Tincture:

Aqueous-alcoholic preparation containing 5-10% essential oil for local application.

Inhalant:

Add a few (2-5) drops of essential oil to hot water or to a vaporizer; deeply inhale the steam vapor.

Many of our conventional oils and products are also available in Organic form. Those that are Organic are certified by the USDA and Oregon Tilth. Please contact us for more information on our Organic products.



DISCLAIMER

We always aim to source high quality ingredients and have a large range of respected suppliers from around the world. This list is a guide only, correct at the time of publication. If you are after an oil not on our list, please contact us and we can see if we can source it for you. As products are plant sourced and natural, availability is reliant on many factors outside our control. Despite our best efforts, we cannot guarantee the availability of any of our products at any given time. The use of the products listed in this document is to be considered as a guide only and further advice should be sought from your formulating chemist and/or health practitioner.

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