



*Bella Rose Healing Hands*

# Pumpkin Spice

## Aromatherapy Diffuser Blend

### Ingredients :

- 3 drops of Cardamom (*Elettaria cardamomum*) essential oil
- 2 drops of Sweet Orange (*Citrus sinensis*) essential oil
- 2 drops of Ginger (*Zingiber officinale*) essential oil
- 1 drop Clove Bud (*Syzygium aromaticum*) essential oil
- 1 drop of Cinnamon Bark (*Cinnamomum zeylanicum*) essential oil

### Procedure :

Add the drops of essential oils to your diffuser according to the manufacturer instructions.

### Notes :

[www.bellarosehealth.com](http://www.bellarosehealth.com)

