

FALL UPCYCLE AND DIY PROJECTS



INDIAN

WHAT YOU NEED:

- empty essential oil bottle
- felt
- fringe
- burlap
- feathers
- suede cord

DIRECTIONS:

1. Cut out a piece of felt for the base of the Indian's outfit; wrap around the bottle and glue.
2. Glue fringe on top of the felt, in the middle of the body.
3. Cut a small piece of burlap gluing it at the top of the felt, barely covering the tip of the fringe.
4. Begin gluing small feathers to the top and sides of the lid and over the glue in various colors of suede cord.

THANKSGIVING FIGURINES

TURKEY

WHAT YOU NEED:

- empty essential oil bottle
- colored paper
- eyes

DIRECTIONS:

1. Cut all desired pieces.
2. Assemble the face, feathers, and wings. Glue them together and allow them to dry before applying to the bottle.
3. Once they are ready, apply with hot glue to the essential oil bottle.

PILGRIMS

WHAT YOU NEED:

- empty essential oil bottles
- felt
- colored paper
- yarn or embroidery floss
- hot glue

DIRECTIONS:

1. First get an idea of what you want your pilgrims to look like.
2. Once you have an idea, start with a base—we used black—and hot glue it to the bottle.
3. Cut out other desired pieces such as an apron, collar, shirt, bonnet, hat, etc. Hot glue them to desired areas.

Note: For the man's hat, cut a circle with a hole in the center for the essential oil bottle. This will allow the lid to act as the top of the hat.

4. Once the basics are finished you can add details. Tie a bow for the woman with yarn or embroidery floss, add a belt buckle with yellow felt or paper—whatever your heart desires.

TURKEY

WHAT YOU NEED:

- empty supplement bottle
- feathers
- spray paint
- hot glue gun

DIRECTIONS:

1. Spray paint the lid and bottle of an empty supplement bottle.
2. While the bottle dries, arrange feathers and glue them in place. Once they are stable, hot glue them to the back of your dried bottle.
3. Use your creativity for the face. You can utilize paint, felt, or paper. Cut your desired pieces out and apply them to the lid with hot glue, then glue the face to the bottle.

Note: Add whatever details you desire: more feathers in the front for wings, or feet to the bottom of the bottle. Use your imagination.



ESSENTIAL OIL BOTTLE PUMPKIN

WHAT YOU NEED:

- empty essential oil bottles
- green felt
- string
- hot glue
- spray paint
- painters tape

DIRECTIONS:

1. Wrap the bottles with tape, allowing only the bottom to show, and spray paint.
 2. Arrange the bottles in rows (3 on the bottom, then 4, then 5, then 4 and 3 on the top row) and hot glue them together.
 3. Take a lid and glue it to the top of the pumpkin for the stem.
- Tip:** You can spray paint the lid to resemble the color of a pumpkin stem.
4. Cut leaf shapes from the green felt and hot glue them on or around the "stem."
 5. Tie a short length of twine around the stem to resemble the vine.



COLORED WRAPPED WHEAT

WHAT YOU NEED:

- dried stalks of wheat
- embroidery floss
- scissors
- glue

DIRECTIONS:

1. Start with a few stalks of wheat.
2. Bunch the wheat together near the top; wrap the embroidery floss around the stalks.
3. Cover about 2 inches of the stalks with the floss and glue the loose thread to hold everything in place.
4. That's it!

Tip: Add a ¼ cup of carrier oil and 25–30 drops of Elevation to diffuse through the wheat stalks.





FALL DREAM CATCHER

Tip: Dip feathers or spray your dream catcher in dōTERRA Serenity® for a restful sleep environment.

WHAT YOU NEED:

- yarn
- beads
- acorn
- branches
- feathers
- scissors
- glue
- hemp or embroider floss

DIRECTIONS:

1. Begin with making your yarn moon. Glue the two embroidery hoops together at one spot and start wrapping the yard around; once the hoops' edges diverge, start a "figure 8" pattern.
2. Once your moon is finished, start weaving your dream catcher. Always enter the hoop from back to front, and then come through the loop you just made and pull tight. Once you've made a full circle start the same process but in the center of each line you have already created, never making knots, only loops. Continue until your heart is content, and end with a knot.
3. Then create your hanging accents. Put the hemp through the desired area on the outer circle of your moon and tie a knot. You can add whatever items you would like; beads, feathers, acorns, twigs. Wrap each item, securing it with hot glue or knots.