

# TOP 5 Essential Oils for a RESTFUL NIGHT'S SLEEP

## LAVENDER

- ◆ Light floral scent (unlike synthetic scents you may be used to)
- ◆ Full of calming esters that soothe both mind and body
- ◆ Promotes emotional balance and helps you release tension
- ◆ Returns feelings of peace and calm to your mind and body
- ◆ Pairs well with most other oils

## ROMAN CHAMOMILE

- ◆ Relaxes the body when dealing with insomnia
- ◆ Enhances drowsiness and calms the mind and body
- ◆ Inhaling helps to decrease stress and allow the body to calm itself
- ◆ Eases muscle tension to allow for relaxation

## VETIVER

- ◆ Deep, rich, exotic aroma
- ◆ Calms and grounds the emotions allowing for relaxation
- ◆ Massage before bedtime promotes calm and relaxation
- ◆ Promotes a healthy immune system with applied topically
- ◆ Rub into feet before bedtime to enhance a restful night's sleep
- ◆ Soothes the nervous system and rids the body of anxiety and stress

## CEDARWOOD

- ◆ Camphor-rich with a woody base note
- ◆ Grounding oil – sesquiterpenes provide emotional balance to find a natural calm
- ◆ Soothes mind and body, while arousing feelings of vitality and overall wellness
- ◆ Promotes overall relaxation and eases nervous tension in anyone over age 6
- ◆ Opens airways and allows for deeper breathing and relaxation
- ◆ Also a natural insect repellant and enhances the complexion
- ◆ Pairs well with Clary Sage

## CLARY SAGE

- ◆ Balances hormones and calms nerves
- ◆ Reduces stress when applied to pulse points
- ◆ Alleviates symptoms from menstruation, especially when massaged into abdomen or back
- ◆ Diffuse to help you relax and calm
- ◆ Apply to pillow before bedtime to relax your mind and body and help you sleep
- ◆ *Warning* Pregnant women should avoid contact since it can cause contractions
- ◆ Pairs well with Roman Chamomile & Lavender

## WAYS TO USE

- 1 APPLY TO PULSE POINTS** – Apply Lavender to wrists, ankles, behind the ears, and over the heart to enhance sleep potential. Also try layering with Clary Sage, Roman Chamomile, Cedarwood, or Vetiver in different spots for maximum benefit.
- 2 DIFFUSE BEFORE BED** – Try a few drops of Lavender with 1-2 drops of another oil above. Diffuse 15-20 minutes before bedtime and continue through the night to sustain sleep.
- 3 SPRITZ** – Create a calming spritz with 2 oz. Distilled Water or Witch Hazel and 15 drops of your favorite essential oil above (or a combination of both) and spray your bedsheets and comforter before bedtime, and whenever you change the bedclothes. Great for a mattress spritz as well
- 4 A DROP WILL DO** – Add a drop or two of your favorite scent to your pillow before bedtime to experience calming aromatherapy to help you fall asleep.
- 5 EPSOM SALT BATH** – Add ¼ cup Epsom salts to warm bath water and swirl in 2 drops each of Lavender, Roman Chamomile, and Clary Sage to melt away stress and relax you before bed. Don't forget to drink some water afterwards