

## Sweet Dreams

Float away to dreamland in delicious, drowsy comfort!

With 100% essential oils of Lavender, Mandarin, Marjoram and Petitgrain, you'll not only sleep well – but will wake up truly refreshed.

There are many potions out there to help you sleep but some of them have you wake up feeling lethargic and devoid of energy.

Be relaxed, distressed, uplifted and nurtured while you sleep, and wake up leaving the cares of the world on your pillow!

### **Methods for use:**

#### **Massage**

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

#### **Bath**

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

#### **Vaporiser**

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

#### **Footbaths**

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

**As with all essential oils, take note of instructions and cautionary notes.**

Essential Oil of Lavender, Essential Oil of Mandarin, Essential Oil of Marjoram, and Essential Oil of Petitgrain.