Essential Oils for Sleep

Diffuse, add to sleep spray, apply to the wrist, feet, behind ears or on temples. Can also be dropped right on pillowcase, bedding, pajamas or used in a Dream Pillow.

COMMON ESSENTIAL OILS FOR SLEEP

- Lavender
- Valerian
- Bergamot
- Marjoram
- Roman chamomile
- Rosewood
- Neroli
- Orange
- Ylang Ylang
- Jasmine
- Cypress
- Ravintsara
- Angelica
- Basil
- Clary sage
- Lemon
- Sandalwood
- Vetiver

SLEEP BLENDS

Blend 1
2 drops chamomile
6 drops ylang ylang
3 drops lemon
4 drops sandalwood

Blend 2
10 drops lavender
6 drops chamomile
4 drops cardamom
2 drops ylang ylang

Blend 3
8 drops blue spruce
4 drops fir tree
4 drops cedarwood
4 drops vetiver
4 drops bergamot

Blend 4
4 drops lavender
6 drops chamomile
6 drops lemon
4 drops vetiver
6 drops spearmint



SLEEP SPRAY

1 oz witch hazel
1 oz distilled water or hydrosol
10-30 drops of essential oils/blends