Sweet Dreams Blend

This blend can be used to fill an herbal pillow, make an extract, a calming herbal tea before bed or even as a compress either hot or cold placed over the forehead or back of neck.



HERBS

2 parts lavender
2 parts orange peel
3 parts chamomile
3 parts lemon balm

Optional essential oils for Dream Pillow
2 drops vetiver
3 drops spearmint
Or use any of these Essential Oils for Sleep

DIRECTIONS

I made these together with each of my children and let them pick out what fabric they wanted. If you sew, you can also use a pattern for a stuffed animal and mix the herbs in with the stuffing, similar to a Warmie.

1. *Blend the herbs together and keep in an airtight container.*
2. *For an herbal dream pillow you can add the essential oils to a cotton pad and place in the pillow before sewing closed or you can drop the essential oil directly on the pillow.*
3. *Tuck inside a pillow case, cuddle up to sleep like a stuffed animal or what my son showed me he did - rub it all over his sleeping pillow and "wa-bam!" his entire pillow became an herbal pillow.*