

SLEEPY TIME

Essential Oil Blends

ADD 5-10 DROPS OF ESSENTIAL OIL
TO A 15ML ROLLER BOTTLER, AND TOP
WITH CARRIER OIL

OR

DIFFUSE 4-7 DROPS IN YOUR
ESSENTIAL OIL DIFFUSER

- Oils to blend:
- **Lavender + Sweet Orange**
- **Roman Chamomile + Bergamot**
- **Lavender + Sweet Marjoram**
- **Valerian + Peace & Calming**
- **Cedarwood + Orange**
- **Frankincense + Lavender**

- Carrier Oils:
- **Olive oil**
- **Emu oil**
- **Sweet almond oil**
- **Avocado oil**
- **Argan oil**
- **Jajoba oil**



TOP TIP

Essential oil blends aren't set in stone. There's nothing that says you can only blend two oils together, so experiment with your own blends to find your happy place!