

# Sleepy Time Blend

16 DROPS OF LAVENDER

16 DROPS OF MARJORAM

30 DROPS OF FRACTIONED COCONUT OIL

MIX THEM INTO A 10ML ROLLER BOTTLE THEN APPLY TO WRISTS AND THE BOTTOM OF FEET BEFORE BEDTIME. THIS IS ALSO A WONDERFUL BLEND TO DIFFUSE IN YOUR BEDROOM AT NIGHT.