

Bedtime Diffuser Blends

Sweet Dreams

2 drops Lavender

3 drops Roman Chamomile

Night Moon

4 drops Lavender

3 drops Bergamot

1 drop Ylang Ylang

Dreamland

3 drops Lavender

3 drops Cedarwood

2 drops Orange

Well Rested

3 drops Lavender

3 drops Frankincense

Add essential oils and fill diffuser. Enjoy a peaceful night!