Directions (10mL 5mL roll ons):

Apply directly onto skin. For sensitive skin, dilute with a carrier oil (such as jojoba or coconut) before application.

Directions (15mL dropper):

**Diffuse**

Add 4-6 drops to a diffuser or oil burner at night to create a calm and grounded environment.

**Bathe**

Add 2-4 drops to a warm bath to help calm the body and mind

**Inhale**

Place 2 drops in the palms of the hands and inhale directly to ease you into a restful sleep

**Massage**

Dilute 4 drops with a carrier oil (such as jojoba or coconut), and massage into the feet before sleep

INGREDIENTS:  Lavandula Angustifolia (Australian Lavender), Vetiveria Zizanoides (Vetiver) Root Oil, Sweet Vanilla Fragrant Oil, Pelargonium Capitatum (Cape Rose Geranium) Leaf Extract, Juniperus Virginiana (Cedarwood) Wood Oil, Citrus Limon (Australian Lemon) Peel Oil, Origanum Majorana (Marjoram) Leaf Oil, Cananga Odorata (Ylang Ylang) Flower Oil, Anthemis Nobilis (Roman Chamomile) Flower Oil

Caution:

Possible skin sensitivity. Keep out of reach of children. Not for ingestion or internal use. Avoid contact with eyes, inner ears and sensitive areas.

Essential Oils have been used for centuries to help prepare the mind and body for sleep

Sleep Scents contain a balanced blend of the most sleep supporting essential oils, renowned for their grounding and calming properties.

**Lavender** for restfulness

**Vetiver** for grounding

**Cedarwood** for relaxation

**Marjoram** for balance

**Roman Chamomile** for comfort

Add Sleep Scents to your nightly bedtime ritual to help support you in achieving deep and rejuvenating sleep

Visit [www.sleepscents.com.au](http://www.sleepscents.com.au)

to learn more

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