

sleepy lavender diy body & pillow spray



Sweet dreams & sweet feelings come from deep within this magical body & pillow spray. The natural chamomile flowers & lavandin fragrance is both calming & alluring, leaving you feeling relaxed with each & every spray!

ready set prep.

Cover your workspace and gather all your materials. Check off the list below to make sure all your tools are clean and ready for making!

kit supplies from makesy

- 1x 8oz organic sugarcane alcohol
- 1x 1oz natural chamomile flowers & lavandin
- 2x 4oz frosted bottles
- 2x smooth white sprayer
- 1x rose quartz mini chips
- 1x bamboo mixing spoon
- 1x funnel
- 2x product labels
- 1x cream box
- 1x satin ribbon

additional tools needed from your home

- glass mixing bowl

ideas and info.



Additional ideas to repurpose your spray bottle after use:

- hand sanitizer
- refreshing face mist
- linen spray

For more inspo and ideas for your next makesy diy kit project, search the rest of our amazing diy kits on our website at www.makesy.com



carcinogen-free.



phthalate-free.



cruelty-free.



toxin-free.

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happy making!

steps.

step one: open your bag of rose quartz mini chips and add the crystals directly into each glass bottle. Then, set them aside for the next steps.



this beautiful pink colored stone is known as a romance stone. Many believe that it can be used to attract love and also bring loving energy into your relationships.

step two: in a separate glass container or bowl, combine the 8oz organic sugarcane alcohol and the 1oz fragrance oil together.



this natural chamomile flowers & lavandin fragrance contains many wonderful essential oils including lavender, tranquil juniper water and relaxing sage to promote feelings of calm and tranquility.

step three: use the bamboo mixing spoon and stir this mixture for 2 minutes.



mixing the fragrance into the alcohol for 2 minutes is important because it allows the molecules to properly bond for a stronger, better scent.

step four: place the small funnel into the neck opening of one of the spray bottles and start pouring your mixture. Once full, repeat the process on your other spray bottle until both bottles are filled.



these frosted glass bottles are reusable, so check out the other great products you can make under the ideas and info section on this card.

step five: twist and secure both sprayer caps tightly onto your bottles. Give them a small shake to ensure that the tops are on nice and snug.

step six: apply the provided labels for each of your body & pillow spray bottles.

step seven: you did it and you are ready to spritz your way to a restful, good night's sleep!

directions for use.

Shake the bottle gently before each use. Spray the body or pillows from a 6in distance. If used in pillows or linens, allow for the spray to dry and enjoy. Keep away from anything flammable or open flame. Never leave it within reach of children or pets. Do not ingest. Avoid contact with eyes and mouth.

ingredient listing.

Organic Ethyl Alcohol, Fragrance*, Natural Rose Quarts Crystals.

*all natural derived ingredients