



sleep & relaxation

embrace NIGHTTIME REST

Comfort is Key:
Invest in a supportive pillow and wrap yourself in soft, breathable bedding. Create a sleep sanctuary.

Stretch and Release:
Try gentle stretches or a relaxing yoga flow to release tension and prepare your muscles for deep rest.

Pamper Your Skin:
Apply a few drops of Yarrow|Pom oil or your favorite hydrating serum to nourish your skin.

Journaling:
Got a racing mind? Grab a bedside journal and pour out your thoughts before tucking yourself in.

try the Adaptiv™ System



Whether you're seeking **relaxation, better sleep, or a moment of tranquility** during a busy day, these products are here to support you on your journey to wellness.

Simply diffuse the Adaptiv™ Blend or apply topically to experience its **tranquil effects**.

The Adaptiv™ Touch roller bottle is your **portable oasis of calm**.

Get a restful sleep with the Adaptiv Capsules: If you struggle with occasional sleeplessness...

The Adaptiv™ Capsules are your new **best friend**.

lavender LULABY



Lavender has been known for centuries for its **calming properties** and ability to **promote relaxation and sleep**.

Aromatic
Add three drops of Lavender and two drops of Cedarwood to your diffuser 1 hour before bed.

Topical
Apply diluted Lavender oil on the wrists, temples, and soles of your feet for a soothing effect.

Internal
Take 1-2 drops in a veggie capsule before you go to bed.

soothing sleep ROLLER BLEND

Whenever you need some relaxation or sleep support, roll this soothing blend onto your pulse points.



ADD TO A 10ML ROLLER AND TOP WITH FCO:
10 drops **Lavender**
10 drops **Roman Chamomile**
10 drops **Cedarwood**

Sweet Dreams with Roman Chamomile

Take advantage of Roman Chamomile's soothing and calming benefits. If you feel frazzled from a long, stressful day



Apply to the bottoms of your feet during your **bedtime routine**.

Add a few drops to a **warm bath** and enjoy the sweet aroma. (It is safe for babies too!)

Do you like **tea**? What about a drop in hot water right after dinner?

Tranquil Diffuser Blend

Diffuse the following blend after dinner time to start winding down.



4 drops **Lavender**
2 drops **Hawaiian Sandalwood**
2 drops **Clary Sage**

The Power of Frankincense

Let me tell you about the amazing power of Frankincense oil **for relaxation and calming the mind**. It's like a magic potion for peaceful sleep.



For those nights when your mind won't stop racing... **add few drops of Frankincense in your diffuser** or on your temples, and you're off to sleep!

clary sage

Clary Sage can help improve mood and promote calming feelings and is soothing at the same time.

Diffuse or apply to a pillow at night.



Clary Sage is central to Clary Calm™ women's blend!



Combine with FCO to massage, soothe, or rejuvenate skin.

Combine with Roman Chamomile and add to bath water with Epsom salts.

PEACEFUL pillow mist

Add a few drops of calming essential oil to a spray bottle and mix with a few ounces of water. Use the spray bottle to spritz the mixture over your pillows and bedding before sleeping to create a restful environment.

Try these pairings:



Lavender
and Cedarwood

Hawaiian
Sandalwood
and Ylang Ylang

Bergamot
and Vetiver

serenity®

The Serenity® blend and the capsules are perfect for deep, restful sleep.



During sleep, the body is hard at work rebuilding and maintaining itself. So why not support it using the **Serenity® line** (essential oil blend + capsules) in your night routine?