



Cedarwood Diffuser Blends for Sleep



Peaceful Dreams

4 drops Lavender
2 drops Cedarwood
2 drops Vetiver
2 drops Siberian Fir

Sleep Through Night

3 drops Lavender
3 drops Cedarwood
2 drops Tangerine

Blissful Nights Sleep

2 drops Lavender
2 drops Sandalwood
2 drops Cedarwood

Breathe and Dream

2 drops Lavender
2 drops Cedarwood
2 drops Eucalyptus

Goodnight Dear

3 drops Lavender
2 drops Vetiver
2 drops Cedarwood
1 drop Peppermint

Healthy Sleep

4 drops Cedarwood
3 drops Bergamot
2 drops Lavender
1 drop R. Chamomile

4, 3, 2, 1...Sleep

4 drops Tangerine
3 drops Lavender
2 drops Cedarwood
1 drop R. Chamomile

Sleepy Time

3 drops Bergamot
2 drops Amyris
2 drops Ho Wood
2 drops Cedarwood

Cedarwood Dream

4 drops Cedarwood
2 drops Orange
1 drop Vanilla Absolute

Happy Zzz's

2 drops Cedarwood
2 drops Frankincense
2 drops R. Chamomile

