

LAVENDER PILLOW SPRAY

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Lavender Pillow Spray

20 drops Lavender Essential Oil

5 drops Orange Essential Oil

2 teaspoons Epsom salt

Distilled Water

4 oz Glass Spray Bottle

1) Add essential oils and epsom salt to bottle, swirl bottle to mix.

2) Fill rest of bottle with water, place on spray top and shake well to blend.

3) To use: Shake well and mist onto pillow before bedtime. You can also spritz on your body or pajamas.

-----> [Click here to get 4 oz Spray Bottle needed for this recipe](#)

-----> [Click here for Lavender Pillow Spray blog post](#)



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