



Sweet Dreams

Pillows used to be stuffed with all sorts of aromatic, rest-supporting herbs like chamomile blossoms, lavender buds, mugwort leaves and hop flowers. Today's pillows might offer comfort, but they won't have the same therapeutic power as resting your head on a cloud of botanical bliss. Bring back restful sleep with this clean and convenient aromatherapy recipe from Aura Cacia.



Bed Time Aromatherapy

- 3 drops Aura Cacia® Pillow Potion Essential Solutions™ oil
- 3 drops Aura Cacia® Lavender essential oil
- 3 drops Aura Cacia® Roman Chamomile essential oil
- Soft cotton cloth

Fold the cloth into quarters. Distribute drops of oil on the top layer and allow them to absorb. Unfold the cloth and slip it inside your pillow cover. Sweet dreams!

Aura Cacia.



pure aromatherapy

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