



### 3 Alternatives For Serene Slumber

1. Lavender essential oil is one of the most widely used and popular oils today. It has been around for over 2,500 years and was used by the Egyptians and Romans because of its potent qualities.

Three benefits of lavender essential oil:

Improves sleep quality

Reduces stress and improves mood

Complementary therapy for [cancer](#)

Lavender is the perfect addition to your bedtime ritual. If you plan to be in bed by 10:00 PM, then around 9:00 PM begin your ritual by taking a detox bath. As you draw your warm/hot bath, add ½ cup of Epsom salts. Before you get into your bath, apply about 15-20 drops of lavender oil (you can add these to a carrier oil such as jojoba, sweet almond, or coconut) to your body. Step into your bath and relax for 20 - 30 minutes. After your relaxing detox bath, you might wind down further by sipping on chamomile tea or passion flower tea (see below) as you read an uplifting book or write in your gratitude journal.

2. Working with crystals can also support your ability to find peaceful slumber. My goto crystal is selenite. This beautiful crystal is named after Selene, the goddess of the moon in Greek mythology. If you have worked with crystals before, you know it is important to clear the energy from them from time to time, but with selenite, you don't need to perform this as it is "self-cleaning."

To use Selenite to inspire tranquil sleep and sweet dreams, place it under your bed or pillow, depending on the size you have. You might even hold on to a piece of selenite as you sip your bedtime tea.

3. [Passion flower](#) has been studied and has been found beneficial for those with [insomnia](#), as well as anxiety, ADHD, and symptoms of menopause.



A nighttime blend tea often contains several calming herbs including passion flower and chamomile. Perfect for winding down and promoting relaxation.

To achieve the greatest benefit from this incredibly beneficial tea, I recommend brewing a cup after your detox bath, and as you sip your tea, reflect on your day, practice loving-kindness meditation, or add to your gratitude list.

Disclaimer: It is important that if you are taking any medication, supplement, or vitamin, or have any health condition, including pregnancy, consult your doctor before using any essential oil or herbal tea, including the ones presented here.

