

# Essential Oil Linen Spray

*to Promote Better Sleep*

## &

# Guaiacwood (Palo Santo)

*for Ritual*

### On this sheet you will find:

1. Two recipes for night time linen spray below.
2. Also below, links to shopping carts to purchase these oils. I choose these oils because of the high quality and excellent education, sourcing and testing information provided. FYI: I receive a small commission for oils purchased. In exchange I provide free, high value education and regular give-aways to my clients.
3. Here is the link to Guaiacwood Essential Oil also known as Palo Santo:

Wholesale: <https://doterra.me/nbUXLg>



Retail: <https://doterra.me/VEa1B7>



## Recipes

### Recipe 1: Lavender and Cedarwood Sleepy Linen Spray Calming and Effective

#### Ingredients:

- 2 oz small glass spray bottle
- 10 drops lavender essential oil
- 5 drops cedarwood essential oil
- Distilled water

#### Directions:

1. Fill the glass spray bottle with distilled water, leaving about 1/2 inch of space at the top.
2. Add 10 drops of lavender essential oil and 5 drops of cedarwood essential oil to the bottle.
3. Screw the cap back onto the bottle and shake it gently to mix the oils with the water.
4. Before going to bed, shake the bottle again and spray 1-2 spritzes onto your pillowcase.

#### Properties of the Oils:

- Lavender essential oil is known for its calming and soothing properties, making it a popular choice for promoting relaxation and better sleep. Continued next page...
- Cedar wood essential oil has a warm, woody aroma that can help to reduce stress and promote a sense of calm. It can also help to enhance the effects of lavender oil.

#### **Purchase the oils for Recipe 1 WHOLESALE with BONUS:**

Become a part of my DoTerra wholesale club and access my private Facebook group with essential oil education and give-aways: <https://doterra.me/Pq5Ua6>



#### **Purchase the oils for Recipe 1 RETAIL: <https://doterra.me/ubPUls>**



## Recipe 2: Wild Orange, Ylang Ylang, and Roman Chamomile Sleepy Linen Spray - My favorite!

#### Ingredients:

- 2 oz small glass spray bottle
- 5 drops wild orange essential oil
- 5 drops ylang ylang essential oil
- 5 drops chamomile essential oil
- Distilled water

#### Directions:

1. Fill the glass spray bottle with distilled water, leaving about 1/2 inch of space at the top.
2. Add 5 drops of each essential oil to the bottle (wild orange,, ylang ylang, and chamomile).
3. Screw the cap back onto the bottle and shake it gently to mix the oils with the water.
4. Before going to bed, shake the bottle again and spray 1-2 spritzes onto your pillowcase.

#### Properties of the Oils:

- Wild orange essential oil has a bright, uplifting aroma that can help to reduce stress and anxiety.
- Ylang ylang essential oil has a sweet, floral fragrance that is known for its ability to reduce stress and improve mood.
- Chamomile essential oil has a gentle, soothing aroma that can help to promote relaxation and improve sleep quality.

**Purchase the oils for Recipe 2 WHOLESALE with BONUS**

Become a part of my DoTerra wholesale club with access to my private Facebook group and my regular essential oil education and give-aways:

<https://doterra.me/Ek0PKS>



**Purchase the oils for Recipe 2 RETAIL:** <https://doterra.me/H0Krw2>



Note: Essential oils are highly concentrated and should be used with caution. Always dilute essential oils before using them on your skin or in a spray. Keep the spray out of reach of children and avoid spraying it directly in your eyes.