

SLEEP EASY PETITGRAIN PILLOW SPRAY

What you'll need:

1 ounce of Everclear

3 ounces Water

30 drops Petitgrain

15 drops Bergamot

8 drops Cedarwood Atlas

3 drop Vetiver

What you'll do:

Mix your essential oils into the Everclear. Once mixed thoroughly, pour into water and mix. Pour your final mixture into a spray bottle. Shake well before using on your pillow at bedtime.

KidSafe: No