

Warm Winter's Nap



A NATURAL SLEEP BLEND

ADD THE FOLLOWING TO A
10 ML ROLLER BOTTLE:

8 DROPS BLACK SPRUCE EO
7 DROPS FRANKINCENSE EO
5 DROPS CEDARWOOD EO



FILL THE REMAINDER OF THE BOTTLE
WITH LIQUID COCONUT OIL. SCREW THE
TOP ON AND SHAKE GENTLY TO MIX.

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