



Sweet Dreams

Restful Sleep &
Bedtime Calm

Gentle support for peaceful nights.

Who It's Designed For:

Sweet Dreams is designed to support restful sleep and calm bedtime routines for the whole family. This carefully balanced blend offers soothing aromatic support for:

- Bedtime transitions and routines
- Restless or disrupted sleep
- Busy or overstimulated minds
- Evening wind-down and relaxation
- Creating consistent, calming sleep habits



Sweet Dreams
(Ages 3-24 Months)



Sweet Dreams
(Ages 2+ Years)

Nature's Comfort

This blend combines pure and organic essential oils traditionally valued for promoting relaxation, supporting restful sleep, and helping the body and mind transition into calm, restorative nighttime routines.

- Lavender oil (*Lavandula angustifolia*)
- Roman Chamomile oil (*Chamaemelum nobile*)
- Bergamot oil (*Citrus aurantium bergamia*)
- Frankincense oil (*Boswellia carterii*)

Jojoba oil (*Simmondsia chinensis*) is selected as a carrier for its excellent skin compatibility and gentle absorption. It supports the skin barrier, suits sensitive and delicate skin, and allows the essential oils to be delivered in a balanced and non-greasy way for nightly use.



Why These Ingredients Are Chosen

Each ingredient is selected for its specific aromatic profile to encourage relaxation, support the transition into sleep, and promote calm, restorative nighttime routines.

Lavender

Encourages relaxation and prepares the body and mind for restful sleep.

Roman Chamomile

Gentle and soothing, supporting emotional comfort and calm bedtime routines.

Bergamot FCF

Helps ease mental tension and promote relaxation without overstimulation.

Frankincense

Grounding and calming, supporting deeper relaxation and peaceful rest.

01

Restful Sleep & Bedtime Support - Encourages relaxation and smoother transitions into sleep.

Calm Nighttime Routine - Supports consistent and peaceful bedtime habits

02

03

Helps Quiet a Busy Mind - Encourages mental and emotional unwinding.

Gentle Whole-Family Support - Suitable for regular use across different ages.

04

05

Promotes Restorative Sleep - Supports deeper and more refreshing rest.

How to Use Sweet Dreams: 3-24 Months

Application

Apply 1 gentle roll to the soles of the feet.

Frequency

Use once in the evening, 20-30 minutes before bedtime.

Best Moment

Use as part of a calm and consistent bedtime routine, such as after bath time or a nappy change, to support relaxation and a settled transition into sleep.

How to Use Sweet Dreams +: 2-6 Years

Application

Apply 1 roll to the soles of the feet.

Frequency

Use once in the evening, 20-30 minutes before bedtime.

Best Moment

Use as part of a calm and consistent bedtime routine to support relaxation and emotional settling before sleep.



How to Use Sweet Dreams +: 6-12 Years

Application

Apply 1-2 rolls to the soles of the feet or wrists.

Frequency

Use once in the evening, 20-30 minutes before bedtime.

Best Moment

Use during the evening wind-down period, especially after busy or stimulating days.

How to Use Sweet Dreams +: Teens & Adults

Application

Apply 1-2 rolls to the soles of the feet, wrists, or back of the neck.

Frequency

Use once in the evening, 20-30 minutes before bedtime.

Best Moment

Use during the evening to encourage relaxation, support unwinding, and prepare the body for restful sleep.



Safety & Precautions

- Sweet Dreams is available in age-specific variants. Always confirm the user's age and recommend the correct version.
- For external use only. Avoid contact with the eyes, face, and nose.
- Apply only to recommended areas such as the soles of the feet, back of the neck, or along the spine.
- Patch testing is recommended before first use, especially for babies, children, and sensitive skin.
- Discontinue use if any irritation or discomfort occurs.
- If the user is pregnant, breastfeeding, or has underlying health concerns, professional guidance is recommended before use.
- Store in a cool, dry place and keep out of reach of young children.