



# Sweet Dreams

Pure & Organic Diffuser Blend

*Calm Evenings, Restful Nights*

# Who It's Designed For:

Sweet Dreams is designed to support a calm and peaceful transition into rest at the end of the day.

This blend offers plant-based aromatic support for:

- Evening wind-down after a busy day
- Creating a calm and settled environment before bed
- Helping the mind slow down and relax
- Preparing your space for rest and stillness
- Supporting a more peaceful nighttime atmosphere



# Nature's Comfort

This blend combines pure essential oils traditionally valued for their relaxing and grounding aromatic properties.

- Lavender (*Lavandula angustifolia*)
- Bergamot (*Citrus bergamia*)
- Frankincense (*Boswellia carterii*)
- Cedarwood (*Juniperus virginiana*)
- Roman Chamomile (*Anthemis nobilis*)

Together, they create a soft, comforting aroma that helps ease the transition from a busy day into a calm evening space.



# Why You Will Love It

01

## **Supports Evening Wind-Down**

Helps signal the body and mind to slow down

## **Creates a Calm Environment**

Encourages a peaceful and settled atmosphere

02

03

## **Helps Quiet a Busy Mind**

Supports a more relaxed mental state

## **Perfect for Nighttime Routine**

Ideal addition to your evening routine

04

05

## **Grounding and Gentle**

Calming without feeling heavy or overwhelming

# How to Use Sweet Dreams Diffuser Blend

Add to your diffuser as directed by the manufacturer and allow the aroma to gently fill your space.

General guide:

- Small diffuser (100ml): 3–5 drops
- Medium diffuser (200–300ml): 5–8 drops
- Large diffuser (400ml+): 8–10 drops

Use 20–30 minutes before bedtime to create a calm and peaceful environment.



# Safety & Precautions

- Sweet Dreams is a pure essential oil blend and should be used with care.
- For external aromatic use only. Intended for diffuser use only. Do not ingest.
- Do not apply directly to the skin, eyes, face, or sensitive areas, as this is a concentrated blend.
- Use in a well-ventilated space and avoid continuous diffusion for extended periods. Diffuse in intervals and allow breaks between use.
- Keep out of reach of children and pets.
- If sensitivity, irritation, or discomfort occurs, discontinue use immediately.
- Clients who are pregnant, breastfeeding, or under medical care should seek professional guidance before use.
- Store in a cool, dry place away from direct sunlight.