



## Dreamland Essential Oil Blend

**DESCRIPTION:** A sweet and floral blend used to create a calm and restful environment for your little sleepyhead.

**TOP AROMATHERAPY BENEFITS:** sleep • calm • rest

**AROMA:** Sweet & Floral

**INGREDIENTS:** Citrus aurantium dulcis (orange) peel oil, pelargonium graveolens flower oil, citrus reticulata (tangerine) peel oil, lavandula hybrida oil

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.



### TOP TIPS:

#### Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a restful and calming experience.

#### Use Before Bedtime

Diffuse at bedtime to encourage relaxation.

#### Linen Mist

To a spray bottle, add 2 ounces distilled water and 15-20 drops of Dreamland oil, shake well.

#### Foot Massage

Add 1-2 drops to carrier oil calm your little one with a foot massage.

#### Calm and Quiet

Add a few drops to unscented bubble bath for calming, aromatherapy soak before bed.

#### Make DIY Bath Bombs for Kids

Make your own bath bombs in plastic Easter egg shells to enhance bath time while encouraging relaxation with aromatherapy.

#### Add to Lotion

Add a couple drops to lotion and apply after bath time routine.

#### Chill Out Play Dough

Diffuse or apply topically with a carrier oil when transitioning from play time to quiet time or bedtime.

#### Encourage Relaxation

Add to homemade salt dough to create a calming activity for winding down.

Add to carrier oil and apply on pulse points to encourage relaxation.

### EXPERTLY BLENDED

Dreamland is specially designed by our aromatherapy experts with the following oils:



Geranium



Lavandin



Orange



Tangerine