



LAURA ERDMAN-LUNTZ

5 ESSENTIAL OILS FOR A GREAT NIGHT'S SLEEP Life Coaching + Yoga + Essential Oils

The key to a really great night's sleep is to get rid of some of the tension in your body so you can let go to relax and then quiet the mind. Essential Oils are a GREAT way to do BOTH!

[NOTE: Essential Oils are not all made the same. Like anything, quality matters and you get what you pay for. PLEASE use caution if you choose to use any brand except Young Living. I have done the research. Trust me when I say it is the truly the *only* brand I trust for my kiddos!]

RELAX THE MIND



Oil #1: Lavender: Known for its calming properties.

- Take a drop in your palms. Rub your hands together and inhale.
- Add 3-5 drops to 1-2 cups of Epsom Salts for a bath. (Epsom Salts have the additional benefit of helping you release electro-magnetic frequencies and get a dose of Magnesium.)
- Begin diffusing the oil in your bedroom 30 min before bed.
- Fill a 2 oz glass bottle halfway with water, add witch hazel the rest of the way. Add 5-10 drops of Lavender essential oil for a lovely linen spray.

Oil #2: Cedarwood: Amazing oil for mental chaos! Some people find this oil helps focus. Others find it calms the thought so they can sleep.

- Place a drop at the base of your skull before sleep.
- Diffuse before bedtime.
- Add a few drops to the Linen spray you made above with Lavender.



Oil #3: Valor or Valor II: This oil is crazy amazing. Whenever you are feeling pulled in a few directions, like you need to do this, oh, wait, that. Oh, then there's that other thing... (Guys don't always get what I mean. Ladies, you know exactly what I mean!) Valor on your feet pulls all the crazies in and helps you ground.

- Take a drop in your palms. Rub your hands together and inhale.
- Use a drop or two to rub into the soles of your feet. So grounding!
- Begin diffusing the oil in your bedroom 30 min before bed.

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It's time to sleep!

RELAX THE BODY

Oil #4: PanAway: Love this oil! (And it comes in the Starter Kit!)
Penetrating with a cool heat, your tension will melt away!

- Take a drop in your palm, add a carrier oil (any cooking-grade vegetable oil such as jojoba, avocado, coconut) then rub anywhere you need it.
- Add a few drops o 2 c of Epsom Salts and enjoy a therapeutic bath.



Oil #5: Deep Relief: The perfect roll on for on-the-go needs.

- Penetrating yumminess. Roll on anywhere your body needs a little love.

Product #6: Cool Azul: In a gel form, this product is a great for rubbing into a larger area of skin.



Ready for more feel good?

Life Coaching + Yoga + Essential Oils

Want to join my Young Living community? TinyURL.com/YLMuseLaura
(Contact me directly if you have questions! I will personally help you!)

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Podcast "Ignite Your Life" Podcast: <http://tinyurl.com/IgniteLife>

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