



LAURA ERDMAN-LUNTZ

5 Essential Oils To Help You Sleep

The key to a really great night's sleep is twofold:

- To get rid of some of the tension in your body so you can let go to relax and
- To quiet the mind

If you add a relaxing breath to them, they will be even more powerful.

Here are a few essential oils that will help you with each of these keys so get you the rest you so desperately need.



Lavender Essential Oil

Supports: Relaxation & Sleep

- Create a spray for your pillow at night. Simply use a glass, spray bottle. Fill with distilled water and add as many drops of Lavender you want. (We add about 3-5 drops per ounce of water.)
- Rub on your feet, wrists or diffuse a few drops. Apply 15-30 min before you go to bed.

Cedarwood Essential Oil

Supports: Focus

- Ever go to bed with so much mental you can't relax? Take a drop of Cedarwood to your brain stem or diffuse at night for a more restful sleep.



Valor Essential Oil blend (or Valor II)

Supports: Emotional System

- Ever feel drawn in 12 directions? You feel like you need to do this, and that, and then the thing over there? Valor grounds your energy, pulling in the scatteredness so you can rest.
- Use on your feet, wrists, behind the ears, in the diffuser, wherever!

LauraErdmanLunt.com

the OILS you never knew you always LOVED

PanAway Essential Oil blend **Supports: Musculoskeletal System**

- Release some of the tension of the day.
- Mix with a carrier oil (such as almond, coconut, jojoba, etc.) and rub over your shoulders, on your lower back, on your neck. Ahhhh....



Deep Relief Essential Oil blend **Supports: Musculoskeletal System**

- Release some of the tension of the day.
- Already premixed in a roller, rub on tight areas and enjoy. (Great for carrying with you to use throughout the day.)

Ready for more?

Life Coaching + Yoga + Essential Oils

Grab these oils for yourself:

Find our more about ordering: <https://tinyurl.com/LELYoungLiving>

Find more solutions for sleep:
<https://simplytwp.com/solutions-sleep/>

Come follow online:

Website/Blog: LauraErdmanLuntz.com

Facebook Group: [Facebook.com/groups/MuseLaura](https://www.facebook.com/groups/MuseLaura)

YouTube: <https://tinyurl.com/LELYouTubeTV>

Podcast: <https://tinyurl.com/IgniteYourLifePodcast>

Pinterest: <https://www.Pinterest.com/Muselaura/>

Instagram: @MuseLaura

* Please note: These suggestions are for Young Living Essential Oils only. Not all oils have the same purity level therefore cannot be used topically or internally.

LauraErdmanLuntz.com
the OILS you never knew you always LOVED