



Linen Mist

Use this sleepy time spray on your sheets and pillow just before you crawl into bed. Your sheets and pillow will smell heavenly and will relax your mind and body to help you gently fall asleep.

You'll need:

2oz spray bottle

Witch Hazel

Serenity Essential Oil Blend



Linen Mist

Add the drops of Serenity essential oil to
the spray bottle

Top off the spray bottle with Witch
Hazel.

Add the Spray topper to the bottle, then
gently shake to combine all ingredients

You can use water in place of the witch
hazel.