

Essential Oils for deep sleep

Essential oil is a concentrated hydrophobic liquid extracted from plants. It contains volatile chemical compounds which healing effects are ascribed to. Researchers have investigated a variety of health benefits attributed to these compounds and shown their big therapeutic implications.

Essential oils are among the undeniable natural remedies that help you to sleep thanks to their relaxing and soothing properties. They act in a holistic way and make it possible to restore our balance, which is essential for restorative rest and therefore our health.

If you are one of the 25% of Americans who experience acute **insomnia**, restless sleep, difficulty falling asleep, try a drug-free sleep solution, try essential oils.

Essential oils and sleep: which essential oil to choose?

Essential oils promote relaxation, and improve the quality of sleep. Our selection below will allow you to find the essential oil(s) that is adapted to your needs:

Noble camomile Essential oil (Roman camomile): soothing action, antispasmodic

Lemon Essential oil (Citrus Limonum): nervous calming

Geranium essential oil (Pelargonium asperum): balancing, relaxing, soothing

Fine lavender Essential oil (Lavandula angustifolia): muscle relaxant, anti-depressive, calming, rebalancing

Mandarin Essential oil (Citrus reticulata): relaxing action, sedative

Marjoram Essential oil (*Origanum majorana*): antispasmodic, rebalancing of the nervous system, sedative, used in particular against anxiety and hypertension

St. John's wort Essential oil (*Hypericum perforatum*): calming, reduces tension

Neroli essential oil – Orange blossoms (*Citrus aurantium*): sedative, antidepressant, soothing action, restores vitality and self-confidence, helps to fight stress and insomnia.

Orange essential oil (*Citrus sinensis*): sedative, nervous system rebalancing, spasmolytic, cardiac regulator, used in particular against insomnia and depression

Petit grain bigaradier essential oil (*Citrus aurantium*) calming, balancing, sedative, helps to fight against anxiety and anxiety, restless sleep, night awakening

Valerian Essential oil (*Valeriana officinalis*): calming, reduces tension, promotes sleep

How to use essential oils to sleep better

Diffusion: put 20 to 25 drops of essential oil into an electric diffuser and turn it On for 5 minutes before going to bed

Pillow mist: spray once or twice on your pillow before going to bed

Massage oil: put 4 to 10 drops of essential oil into a vegetable oil such as sweet almond, macadamia oil or St. John's wort macerate. Simply massage the solar plexus before going to bed. If you have the possibility to have your feet, back, legs and stomach massaged.

Bath (adult): mix 5 to 10 drops of essential oil with a

solvent (Solub HE, Neutral Base) or on Epsom salts (one glass) before adding them to the bath water just before going to sleep. Stay in the bath for 15 minutes and go to bed right away. For children's baths, limit essential oils to 5 drops.

A soft piece of fabric with essential oils: Take a piece of cloth and soak it with 10 drops of essential oil. Then slide the fabric into your pillow cover before going to sleep.

Synergies of essential oils to sleep like a baby

You can make the following essential oil blends and use them for the above applications:

lavender essential oil (5 drops) + Marjoram essential oil (5 drops)

essential oil lavender (5 drops) + essential oil Camomile (5 drops)

lavender essential oil (5 drops) + Orange essential oil (5 drops)

lavender essential oil (5 drops) + Petitgrain essential oil (5 drops)

Children's sleep – their favourite essential oils

Not sure which essential oil to choose for your child's sleep? Let him choose! Let him smell 3 or 4 essential oils and use the one he has chosen. He will naturally choose the one he needs. Generally children like the following essential oils:

Fine lavender Essential oil (*Lavandula angustifolia*): muscle relaxant, anti-depressive, calming, rebalancing,

Mandarin Essential oil (*Citrus reticulata*): muscle relaxant, sedative

Neroli essential oil – Orange blossom (Citrus aurantium): sedative, anti-depressant, soothing action, restores vitality and self-confidence, helps to fight stress and insomnia.

Orange essential oil (Citrus sinensis): sedative, nervous system rebalancing, spasmolytic, cardiac regulator, used in particular against insomnia and depression
essential oil Petitgrain bigaradier (Citrus aurantium) with calming, balancing, sedative action helps to fight anxiety, restless sleep, night awakening

Organic Relaxing Massage Oil

Relaxing massage oil will help to relieve your tension and make it easier to fall asleep. This composition contains a synergy of essential oils that provide immediate psychological relief and help to rebalance the nervous system. Relaxing massage oil can also be used against children's sleep disorders (restless sleep, nightmares).