

.: Aroma/THERAPY



Make sure to purchase products that list pure essential oils not just "fragrance."

[Dirt Candles Slow Poke blend](#) of soothing vanilla and fresh lavender helps ease you into relaxation mode. Dirt Candles original scented candles are made with 100% American grown soybeans and are packaged in recycled glass and paper, so your conscience can rest as well as your body.

Utilize the sensual properties of ylang-ylang essential oils with [Apivita Aromatherapy Euphoria Eau d' Toilet](#). Lavender is a scent used for its relaxing, sedative effects. Insomnia sufferers, prep your linens with [Essencia Lavender Linen Spray](#). Take it with you when traveling to "less than aromatic" destinations.

Breathe deeply as you massage a dab of [Origins Sleep Time On-the-spot Gel](#) onto your temples and back of your neck. The aromatic Roman Chamomile and English Lavender travel through the receptors in your nose and through your pores to ease you into la la

land. Reap the benefits of aromatherapy all night long with the [Bath By Bettijo Aromatherapy Sleeping Mask](#) filled with fragrant lavender blossoms. The pure silk mask prevents any disturbing light from coming through, and the cute zebra print will keep you looking glamorous.

aromatherapy:
aro·ma·ther·a·py -
 noun - The use of
 plant / essential
 oils to get ones
 body and mind to
 their happy place.