



Go the F to Sleep

(AKA Patti's Restful Night Blend)

1/2 15ml bottle of Cedarwood

10 – 30 drops Orange

10 – 12 drops Vetiver (very thick, you'll need to warm it up before it will come out - I put it in my bra or pocket for 30 minutes or so before I need to use it)

5 – 10 drops Valerian

5 – 10 drops White Angelica

Add everything to the 1/2 empty bottle of Cedarwood. Shake each time you use it.

Add 5-8 drops of the mix to your diffuser

Additional/Alternate Oils to add &/or try on their own to create your restful night:

- Lavender – This one works for creating a relaxing environment for about 60% of the population, however, I am not one of them.
- Any of the tree oils – These are great for grounding and feeling closer to nature
 - Northern Lights Black Spruce (NLBS)
 - Idaho Blue Spruce
 - Cypress
 - Frankincense
 - Pine
 - Palo Santo
- Valor (or Valor II if you're lucky enough to have some)
- Sacred Mountain
- Cinnamon – although this one makes me dream of cookies, so maybe not?
- Grounding
- Gratitude – because it's pretty hard to feel grateful and uptight at the same time
- Gentle Baby
- Peace & Calming – either I or II
- Raven