

## Mindful Slumber Recipes

### MAGnificent Sleep Ointment

- 1 ounce of magnesium oil (can be purchased in organic grocery stores and pharmacies)

*side note: In 2009, the World Health Organization published a report indicating that 75% of Americans do not consume the Recommended Daily Allowance – RDA – of magnesium. For more information on ways you can consume through your diet, contact the HCC nutritionists and also read this [article](#) from the National Institute of Health. Applying magnesium topically is great for muscular pain, including headaches.*

- 3 drops of Lavender (Lavandula Angustifolia) essential oil
- 3 drops of Roman Chamomile (Chamaemelum Nobile) essential oil
- Place all ingredients into a colored, glass bottle with lid; shake gently before each use. You can use a spray bottle or simply place in hands and rub on feet. Apply socks and go to sleep. Do this ~30 minutes before going to bed. This recipe will last 6-12 days.

### Sleepy Time Bath

- 15 drops of Lavender oil
- 1 cup of Epsom Salts
- Water for your bath (if you must have suds, use an unscented bath wash)

### Slumber Bath Salts

- 10-12 drops of Lavender oil
- 2 cups of Epsom Salt
- 2 tablespoons of coconut oil or sweet almond carrier oil or olive oil
- In a glass bowl, add salt and oil. Mix with hands or metal spoon. Add Lavender and mix again. Store in an airtight glass container. I store in mason jars with lids and keep out of the light. These are great gifts too and you can buy pretty amber bottles to store them in as well and tie a string around it with an attractive label. I just gave my secrets away!

### Calming Shower

- Take a few drops of essential oil (your choice) and place on a washcloth that is saturated with **warm water. Simply breathe in the aromas as you're in the shower. You can also re-saturate** with warm water and smell over and over again. *Tip: If you have a stuffy nose in the winter months, **Eucalyptus oil is dreamy. It opens your sinuses and allows you to breathe easy and sleep peacefully. It's recommended that expectant ladies avoid Eucalyptus.***

### I'm Diffused

- This is my all-time, easy way to breathe in relaxation. I have two diffusers – one at home and **one at work. You can get one too and it won't break the bank. Mine were under \$25 each and** they run for up to 6 hours. All you do is fill with water (tap or distilled), drop ~6 drops of your essential oil in and turn it on. Most have an automatic shut-off. I turn it on ~30 minutes before I hit the hay and have sweet dreams of serenity. My favorite mix is Lavender and Ylang Ylang, but straight Lavender is blissful!

*Recipes above have been borrowed and/or altered. Have fun with it! Thanks, Celeste*