LeDreams

Use for insomnia due to negative emotions and nightmares; loved by children who are nervous in the dark or when left alone; (if nightmares persist, continue to use the oil until whatever is in the subconscious has been released) keeping sight of dreams and utilizing one's potential.

Ingredients: Bergamot, Blue Tansy, Benzoin, German Chamomile, Spruce, Sandalwood, Juniper

Affinity for: 3rd eye or brow chakra; throat and crown chakras; emotional balance

Aromatic Considerations: Beautiful aroma, can be diffused during the day for meditation or pleasure but best at night or even during sleep

Application: Apply on the forehead, eyebrows, temples, behind the ears, base of neck, as perfume or cologne; on the pillow, or add to a bath.

Resonance: physical and emotional

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