Sleepy Jime Blend

16 DROPS OF LAVENDER
16 DROPS OF MARJORAM
30 DROPS OF FRACTIONED COCONUT OIL

MIX THEM INTO A IOML ROLLER BOTTLE THEN APPLY TO WRISTS AND THE BOTTOM OF FEET BEFORE BEDTIME. THIS IS ALSO A WONDERFUL BLEND TO DIFFUSE IN YOUR BED-ROOM AT NIGHT.