



# PROSPER NATURAL HEALTH

## Healthy Approaches to Sleep

*These are meant for educational use only, not as a form of diagnosis, management or treatment of any medical concerns.*

### Essential Oils

- Add to Massage Oils (almond oil or olive oil)
- Baths
- Infused in air (light bulb, boiling water)
  - Chamomile
  - Lavender
  - Rose
  - Sandlewood
  - Ylang-ylang

### Hydrotherapy: Herbal Bath

- Soak for minimum of 15 minutes to hydrate skin with medicinal properties
- Hydrotherapeutic (nervous system & immune system)
- Relaxing Herbs
  - Catnip
  - Chamomile
  - Hops
  - Lavender flowers
  - Lemon balm
  - Linden flowers
  - Oats
  - Passionflower
  - Skullcap

### Dream Pillows

- 1/2 cup of...
  - Lavender flowers
  - Linden flowers
  - Rosebuds
- 1/4 cup of...
  - Hops
  - Mugwort
  - Sweet woodruff

### Herbal Sleepy Time Tea

- Brew 1 teaspoon per cup of boiling water. Steep 10 minutes, strain, serve.
  - 1 part Aniseed
  - 1 part Chamomile flowers
  - 1 part Linden flowers
  - 1/2 part Hops
  - 1/2 part Passionflower