



Mix the following herbs:

- 2 parts lavender
- 3 parts chamomile
- 3 parts lemon balm
- 2 parts lemon peel

Optional essential oils for Dream Pillow:

- 2 drops vetiver
- 3 drops spearmint

For an herbal dream pillow you can add the essential oils to a cotton pad and place in the pillow before sewing closed or you can drop the essential oil directly on the pillow. The dream pillow can be tucked inside the pillow case, cuddled up to like a stuffed animal or rub the dream pillow over your sleeping pillow and your entire pillow becomes an herbal pillow. Store in a plastic bag between uses to keep herbs fresh.

Uses:

This blend can also be used to make a tincture or glycerite, a calming herbal tea before bed or even as a compress either hot or cold placed over the forehead.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.