

# Relaxing Pillow Spray Recipe

I've been using this homemade pillow spray for several weeks, and have noticed that I'm sleeping more deeply and feel more rested upon waking up.

## Pillow Spray Ingredients

- 4 drops ylang ylang essential oil
- 12 drops lavender essential oil
- 8 drops bergamot essential oil
- 1/2 tsp vodka
- Distilled water
- 2 oz glass spray bottle

## Pillow Spray Instructions

1. Put the vodka and essential oils into the glass spray bottle and swirl the bottle to combine.
2. Fill the bottle with water until almost full, leaving room for the lid. Cap the spray bottle, and shake well to combine.
3. To use the spray, lightly mist a pillow a few minutes before bedtime. Be sure to shake the bottle well before each use.

## Soothing Ylang Ylang

Ylang ylang has been used to relieve anxiety and as a sedative for more restful sleep. Even though it has a feminine, floral smell, a 2016 study showed its anti-anxiety benefits were even more pronounced for male mice (interesting!).

## Stress-Relieving Bergamot

Bergamot essential oil, like other oils of the citrus family, has an uplifting scent that helps ease tensions. This oil is versatile since it can be used to both rejuvenate the mood while relaxing the mind. (Bergamot is highly phototoxic...but this is more of a concern in a lotion than in a nighttime pillow spray.)

## Relaxing Lavender

Lavender is one of the most popular essential oils for both its scent and its skin-healing properties. It's also well known for its ability to relax the mind and improve sleep quality. In one study, sleep-deprived college students inhaled either lavender or a placebo. Those who used lavender slept better and felt more refreshed upon waking up.