



# Sleepytime Bath Oil

a soothing bath oil for bedtime

## Ingredients

- 4 ounces Organic Macadamia Nut Oil (or Water Dispersible Macadamia Nut Oil)
- 12 drops Roman Chamomile Essential Oil
- 7 drops Bergamot Essential Oil
- 5 drops Dill Essential Oil

This recipe makes about four ounces.

## Directions:

1. Mix the oils together in a small beaker, then transfer to a glass bottle for storage.

## Usage & Packaging:

We recommend packaging this blend in a Glass Bottle with a Dropper. This is a good choice for storing a blends using Essential Oil, and the dropper makes the oil easy to dispense.

To use, add a dropperful of Bath Oil directly to warm bath water.

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