

Kateri Reyes—Essential Oils for Sleep

We all need rest to be our best, but many people, for a variety of reasons, do not get a good night's sleep regularly. Essential Oils offer a safe solution for all ages and stages.

“ As the days went on and the sleepless nights piled up, my body started to feel the effects... especially being pregnant, I wanted to search for a safe way to restore my ability to sleep so that I could care for my family and function during the day. ”

Kateri knew that truly restful sleep would improve her ability to care for her family and function in general. How else does healthy sleep enhance our wellness and day-to-day life?

- Cardiovascular, immune, metabolic, mental, and emotional health.
- Mood and stress levels
- Focus, energy, and productivity

Why do you personally want or need better sleep?

Kateri shared several suggestions of how to use essential oils to support restful, restorative sleep for the self and everyone in family:

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- _____
- _____
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What did you connect with in Kateri's story?

What essential oil sleep solution would you like to try tonight?
