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BY CHERYL JABZ
NATURE. KNOWLEDGE. WELLNESS.



RELAXING *Lavender Sleep* SACHET

A calming blend for deep rest
and peaceful dreams.

INGREDIENTS:



3 tbsp dried lavender



1 tbsp chamomile



1 tsp hops (optional)

BENEFITS:



Promotes
relaxation



Helps
freshen linens



Traditional
bedtime aroma
blend

HOW TO USE:

Place under pillows,
in drawers, closets,
or anywhere you
want a calming
aroma.



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