

# Valerian Root

## ESSENTIAL OIL BLENDS

### RELAX ROLLER

25 drops Valerian Essential Oil	25 drops Cedarwood Essential Oil	25 drops Vetiver essential oil	25 drops Geranium essential oil	Carrier oil of your choice
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Add essential oils to roller bottle and top with carrier oil. Gently shake to mix. Roll on wrists, jawline or bottom of feet.

### FABULOUS FOOT SOAK

3 drops Valerian essential oil	5 drops of Tea Tree essential oil	1 Tbs carrier oil	1 Tbs of salt
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Add all to warm water. Mix well and soak feet in this luxurious bath for 15 minutes.

### OTHER TOPICAL USES FOR VALERIAN ESSENTIAL OIL

Add Valerian essential oils to your favorite skin-care products for a natural, yet bold scent

Add 1 drop of Cedarwood essential oil and 1 drop of Valerian essential oil to a pump bottle of body cream or moisturizer before applying to dry skin

Create a homemade dry-skin face serum with 1 drop each of Valerian, Rosemary, and Lavender essential oils, and a few drops of jojoba—or your favorite light carrier oil. Rub into your face at night to help alleviate dry skin.



## DIY NIGHTY NIGHT PILLOW SPRAY

1 oz Witch Hazel	10 drops Valerian essential oil	10 drops Bergamot essential oil	10 drops Frankincense essential oil	2 Glass Spray Bottle
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1 oz Distilled Water  
(OR substitute this with an extra ounce of Witch Hazel to lengthen the shelf life)

Spray on your pillow or pajamas before going to bed for a relaxing and restful night's sleep.

## VALERIAN OIL DIFFUSER BLENDS

Brimming with Bliss (from Young Living) Diffuser Blend

4 drops Valerian essential oil	3 drops Pine essential oil	3 drops Orange essential oil
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## SLEEPY TIME DIFFUSER BLEND

2 drops Valerian essential oil	2 drops Lavender essential oil	1 drops Cedarwood essential oil
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## R&R DIFFUSER BLEND

6 drops Lavender essential oil	3 drops Roman Chamomile essential oil	2 drops Clary Sage essential oil	2 drops Valerian essential oil
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## BEDTIME BLISS DIFFUSER BLEND

3 drops  
Lavender  
essential oil

3 drops  
Bergamot  
essential oil

3 drops  
Valerian  
essential oil

## LIGHT'S OUT DIFFUSER BLEND

2 drops  
Lavender  
essential oil

2 drops  
Vetiver  
essential oil

2 drops  
Orange  
essential oil

2 drops  
Valerian  
essential oil

1 drop  
Cedarwood essential oil

