

CAN CANDLES REALLY HELP ME RELAX?

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CANDLES

AROMA

SAFETY

FACTS

D. KAY BY
Tina Renee
WHIFFS ON WHEELS



We all have times when it can be extremely difficult to transition into sleep mode. Let's face it, restless and sleepless nights happen to the best of us, and they can be caused by a number of things like too much time in front of our phones or just one caffeinated drink too many.

There are a number of essential oils that have been scientifically proven to calm and relax our central nervous system, promoting slow-wave sleep. This means a longer and better sleep time!

RELAX



Online www.dkaycandles.com

Instagram [@whiffsonwheels](https://www.instagram.com/whiffsonwheels)

Resource www.themeltco.com

Here are a few essential oils we have researched and found to aid in a good night's rest!

♥ Let's talk **Lavender**! The smell helps activate the brain in such a way that it helps slow the heart rate and can help muscles relax to prepare for a better slow-wave sleep, also called delta sleep or N3 stage.

♥ Next, is **Neroli**! The deep flora aroma is complex! This scent is often noted for its properties to help with anxiety and can enhance your mood.

♥ Unknown to many, **Sandalwood** is actually quite a unique fragrance and similarly to lavender this scent can help you stay in slow-wave sleep longer. Sandalwood is commonly known for its rich, woody, and earthy scent and has long been used for the purposes of relaxation and anxiety relief.