# CAN CANDLES REALLY HELP ME RELAX?

9/25/22

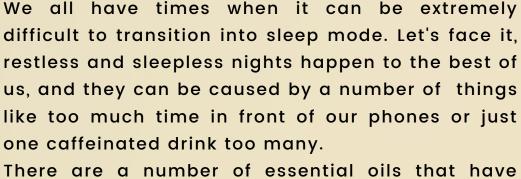
## CANDLES

## AROMA

### SAFETY

# **FACTS**





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

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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.