



Bath and Body Works Sleep Collection

Description

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If you need help getting a good nights sleep this holiday season I recommend Bath and Body Works lavender vanilla pillow mist. I just gave it to a friend of mine for her birthday. It's one of my favorite things. My in-laws bought it for me years ago as a Christmas gift. I love the smell of lavender. Bath and Body Works offers other scent combinations in their aromatherapy sleep line such as honey vanilla and lavender chamomile, but the lavender vanilla is my favorite. I personally don't think you can go wrong with a linen mist as long as you like the scent. It adds a little bit of luxury to my bed linens and leaves me dreaming of a french chateau surrounded by lavender fields. Not really, I just thought that sounded good. I also like to use an eye pillow if I have a sinus headache. I love to take hot baths when the weather gets cold. The bath salts and body bath will help relax your mind and body.

1. Lavender Vanilla Pillow Mist \$10
2. lamb eye pillow \$15
3. Lavender Vanilla Bath Salts \$15
4. Lavender Vanilla Body \$15

Sweet dreams this holiday season!

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