

## SLEEP RITUAL CARD- "QUIET UNRAVELING"



A hush in mist form. A breath between the noise.

Dim the lights. Let silence or soft sound fill the space.  
Hold your mist. Feel its weight. Its intention.

Spray onto your pillow or around your bed.  
Inhale slowly. Let the scent meet you where you are.

Touch a calming texture-felt, velvet, brushed cotton.  
Trace its surface. Let your body remember softness

Say " I release the day. I soften into stillness. I am safe to rest"  
Lie down. Let the scent fade. Let your breath deepen. Let sleep  
arrive

For use with “Lounging Lavender”, “Soft Echo”, “Stillflower”  
“Night Root” or any sleep support spray of your choice.

This mist is not a perfume. Not a diffuser.  
It's a ritual of release.

Use as often as needed, especially during transitions into rest,  
moments of emotional overwhelm, or when your nervous  
system seeks softness

This mist is designed for momentary support, not lingering  
fragrance. It offers a brief, botanical breath to help you soften  
into sleep.

Use nightly as part of your bedtime ritual, or spontaneously  
when rest feels distant and your thoughts feel loud.

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