

WELEDA



**YEARS OF CONNECTING
PEOPLE WITH NATURE**

WELEDA

Since  1921

Lavender

For a calm and peaceful
night's sleep

A deeply relaxing aromatherapeutic bath ritual with Weleda's organic lavender is the ultimate essence for rest and calm reflection.

Dim the lights in the bathroom, light a candle and while your bath is running take the moment to connect with yourself. Close your eyes, and gently rotate your shoulders several times backwards as if being lifted by a wave.

Before stepping into your bath, add three to four capfuls of **Lavender Relaxing Bath Milk** and disperse it by gently moving your hand in a large figure-of-8 motion. Take this opportunity to breathe in the aroma whilst giving your thoughts permission to quieten.

Allow yourself 20 minutes for your bath soak.

Following your bath, pat yourself dry and apply **Lavender Relaxing Body Oil** with conscious, mindful movements to your warm skin.

- Step 1.** Place one hand on the top of the foot and the other hand on the underside of the foot. Beginning at the toes move both hands lightly downwards
- Step 2.** On reaching the base of the heel, lift your hands off and repeat 3-5 times
- Step 3.** With the heel of your hand and base of

thumb pad, do circular movements over the heel of the foot. Continue upwards gently kneading whole sole of the foot

- Step 4.** Complete self-massage with a full soothing foot stroke to finish. With body, mind and soul, fully infused with lavender, keep the lights dim, the gadgets off and drift off into a blissful night's sleep

Lavender to soothe neck and shoulder tension...

Add a capful of **Lavender Relaxing Bath Milk** to a basin of warm water and soak a large facecloth or muslin compress.

Apply your first compress to the back of your neck from the edge of your hair line extending down to cover your 7th vertebrae (the one that protrudes).

Hold the compress for several seconds with both hands at the sides of the neck so that the compress's warmth is fully experienced.

Make sure your shoulders are relaxed and close your eyes taking three deep breaths, each time letting go a little bit more.

Re-soak your compress (adding a little more hot water if necessary) and apply it to the base of the neck, again covering your 7th vertebrae and this time include upper shoulder area.

Feel the warmth and exquisite scent of the aromatic organic lavender, as it deeply penetrates your body and soul.

Take a little **Lavender Relaxing Body Oil** and apply to upper shoulders and upper arms. Using your knuckles give yourself a massage focused particularly where shoulder tension has resulted in tight muscular knots and discomfort.

Complete the kneading massage, gently rotating your shoulders backwards three times.

Be sure to keep the area warm with a gown or shoulder wrap.



To access your bespoke Weleda bathroom playlist, please go onto your Spotify App, click the search icon and finally, click the camera icon on the top right.

