

O PRACTICAL MATTERS

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Sleeping Beauty

Soothing rituals and scented oils and lotions can ease you into dreamland.

Sleepless in... wherever? You're not alone. "The latest research shows that nearly two-thirds of the adult population have occasional sleep problems," says John Winkelman, M.D., medical director of the Sleep Health Centers at Brigham and Women's Hospital in Boston. The good news is that calming rituals and scents can help ease you into slumber.

A DREAM CREAM
Elizabeth Arden
lavender-infused
night treatment



LULLED BY LAVENDER The gently pleasing scent of lavender can actually bring on a restful state. "Many scientific studies have shown that lavender helps reduce anxiety and puts you in a better mood to fall asleep," says Alan Hirsch, M.D., a neurologist and psychiatrist at the Smell & Taste Treatment and Research Foundation in Chicago. A new crop of lavender-scented moisturizers not only smooths skin but induces sleep: Elizabeth Arden Good Night's Sleep restoring cream, the Thymes Limited Deep Sleep AHA lotion, and Bath & Body Works Aromatherapy Tranquil Sleep moisturizing body mousse.

GOOD NIGHT MOOD When it comes to snoozing, your body is open to suggestion. "A nightly ritual can signal to your brain that it's time for rest," says Tori Hudson, a naturopathic physician and professor at the National College of Naturopathic Medicine in Portland, Oregon. Every evening before bedtime, treat yourself to a cup of herbal tea—Red Flower lavender tea has a comforting mint infusion. Or prepare and massage in Origins Call It A Night Sleep-Deepening body lotion: Place the single-use vial in hot water for five minutes so the lotion is warm when you apply it.



BEDTIME BATHS
Aromaflorea sea salts
and the Healing Garden
powdered milk bath

THE WATER CURE You may already rely on baths to relax you before bed. But you can pump up your bath's slumber-producing potential with essential oils. According to Hudson, the warm water heats the oil, enhancing its aromatic effects and deepening the sensory experience for the bather. A hot soak also lowers blood pressure and slows breathing—two signs that your body is preparing for sleep. Try these calming blends: Aromaflorea Sleep Ease Ocean Mineral bath salts with lemongrass, Get Fresh Sleepy Time Salt Fizz with lavender, or the Healing Garden Drift Away powdered milk bath with chamomile.

—Andrea Dawn Clark



CALM IN A CUP
Origins body lotion
and Red Flower
lavender tea

For details see
Shop Guide.

