

SLEEPING BEAUTY

Having trouble getting your eight hours of beauty sleep? Try the following tips and you will be drifting off to dreamland in no time.

- Take a long, hot shower or bath just before bed.
- Make sure your bedroom is dark and quiet, and the temperature is not too warm or too cold.
- Avoid exercising at least two hours before bed.
- Skip that afternoon coffee. Caffeine stays in your body for many hours.

Bedtime beauty products we love...

Badger Sleep Balm (\$14.19 for 21g; www.badgerbalm.com)

Includes lavender, rosemary and sage to calm your thoughts. Just rub a little under your nose or pulse points. Sweet dreams...

Malka Soak Bath Crystals (\$24.50 for 250g; www.malka.com.au)

Soothe your senses with a warm bath using these luxurious mineral salts infused with essential oils of lavender, patchouli and vetiver.

Botanical Extracts Essential Oil Blend in 'Rest' (\$22.75 for 11ml; 1300 464 683, www.botanicalextracts.com.au)

A relaxing combo of marjoram, lavender and sweet orange oils. Place a few drops on a tissue under your pillow.

