



Sleep ELENA BROWER
Routine

*For our internal
healing, for our
external ease,
sleep is vital and
worth our focus.*

Sleep and good rest have never been more important, for our nervous system and our capacity to hold the multiplicity of truths in our world at this time.

This thoughtfully curated selection of products is here to help you and yours prioritize your sleep and rest deeply when you have the chance to rest.



STEP ONE

Two hours before bed, all screens off.
Put on your PJs, turn on your JourneyBox.

STEP TWO

Drink tea, adaptogenic latte or some LMNT salts. Mix up a mask with Anima Mundi Rose Clay, honey, and doTERRA Frankincense or Geranium, take a bath to unwind with doTERRA Serenity on your bath salts. Read an actual book or just rest your mind for some minutes.

STEP THREE

Diffuse doTERRA Serenity, place a few drops on soles of feet and swipe the Serenity + Valerian stick on feet, back of neck.

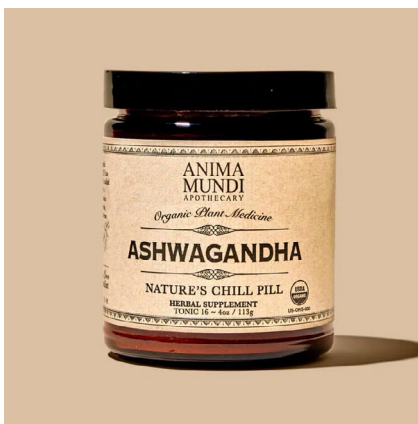
STEP FOUR

Consider listening to a [Glo sleep meditation](#) along with your JourneyBox.

RESOURCES



Anima Mundi - Blue Lotus



Anima Mundi - Ashwagandha



Anima Mundi - Calm Tea



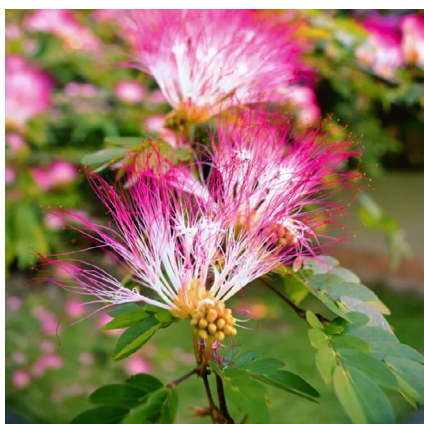
Anima Mundi - Lucid Dreaming Elixir



Anima Mundi - Lucid
Dreaming Tea



Anima Mundi - Relax Collection



Anima Mundi - Bobinsana

Anima Mundi Apothecary

With a vast array of herbs, adaptogens, tools, tonics and elixirs and inspiration for your healing and health, Anima Mundi has created a suite of products specifically to support good rest. Teas, tinctures, adaptogenic herbs are all part of the staples in our home.

Code **elena15** means 15% off.

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Banyan Botanical Ashwagandha Latte

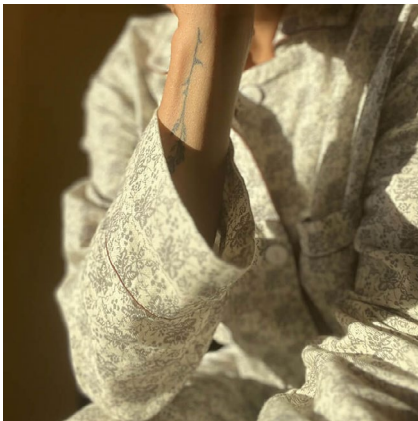
Deep, nourishing self-care is delicious with Banyan Botanicals' Ayurvedic creamy Ashwagandha Latte. Created with adaptogenic herbs that supply the body with grounded energy and support your resilience to stress. I make my Ashwagandha Latte with almond or hazelnut milk, drinking it about an hour or two prior to bed to drift off into deep, dreamy sleep. Use code **Elena** at checkout to receive a free drink mix when you buy two.

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LMNT

Electrolytes for your cells, your mood, your energy. LMNT packets are easy to take with you, delicious and fortifying for your body and mind. We usually split a packet between two of us in the late day and find ourselves drifting to sleep within a couple hours, easily. Receive a free sample pack to try all the flavors here.

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Domi

The most delicious 100% organic cotton brushed flannel from Domi is oversized and epic. Drawstring pant is low-rise, top is generously cut with one pocket. And french seams (!), machine washable. I also love their night slips and have worn them for years. Code **loveelena** means 10% off.

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JourneyBox

This traveling speaker holds a glorious soundbath on a tiny microchip, inviting you to take this soundbath everywhere you go, no connections required. Lasts for hours, perfect for nidra rest, sleep, or morning time; my favorite is to play it first thing, prior to connecting into work flow. Code **Elena10** means 10% off for you.

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Aizome

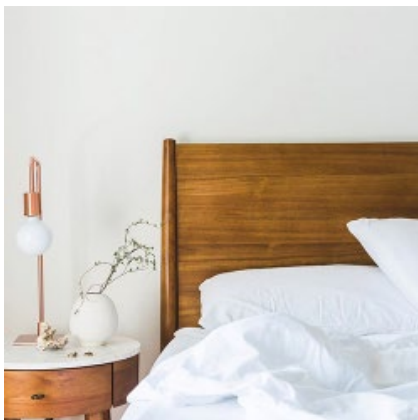
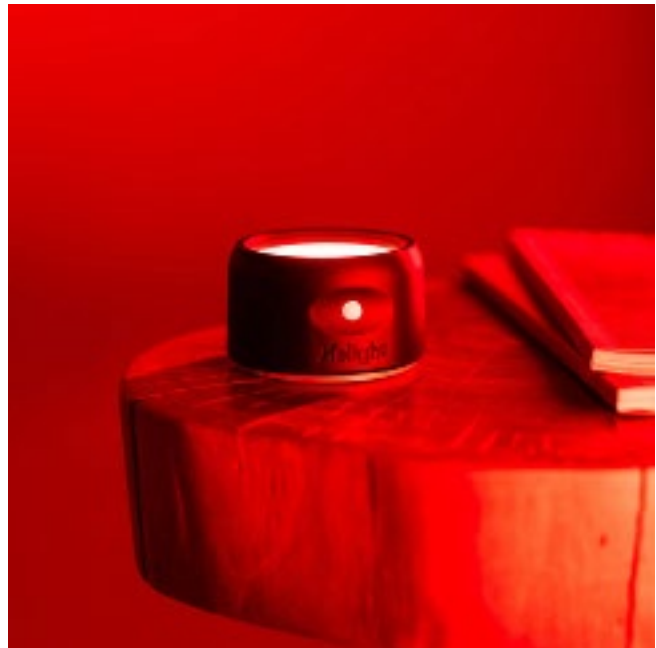
Aizome's vision is to create purely plant-based fabrics of exceptional quality. When co-founder Michel's mother's cancer treatments caused her skin to become extremely sensitive, her doctor explained the irritation was likely caused by synthetic dye in the harsh chemicals embedded in the fibers of her bedding. Aizome's commitment is to purity in our bedding, where we spend so much of our time.

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Helight

Sleep faster, better, deeper with this NASA-inspired award-winning, red light sleep therapy™ device. Helight® Sleep uniquely combines the power of pure 630nm of red light sleep therapy™ with the only patented protocol, scientifically engineered to mirror the natural cycle of light at the end of the day (28 minutes). Right at bedtime, I turn this on face up on my nightstand, and close my eyes with the red light on the ceiling. Helps the body wind down by triggering melatonin release at the simple touch of a button. Trusted by doctors, sleep specialists and professional athletes, the Helight is portable, travel friendly and great for jet lag. No subscription or app required.

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Glo Sleep

Commit to self-care by getting the best sleep possible with my Nighttime Sleep Meditations on Glo. Create a bedtime routine with 15-minute audio-only meditations to unwind and set the tone for deep rest.

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RESOURCES



doTERRA Serenity Sleep System

Clinical trials have shown the Serenity Sleep System to enhance overall restfulness and sleep quality, through a clinically-relevant drop C-Reactive protein levels, which are markers for inflammatory response.

The softgels in combination with Serenity blend in the diffuser along with the Serenity + Valerian stick on soles of feet have significantly supported my sleep quality.

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Sleep and Glow

Making a noticeable difference both in how restfully I sleep and how I look when I wake up, the Sleep and Glow pillow creates space for your face, so healing and rejuvenation can naturally occur as you sleep.

Use code ELENA15

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