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natspooner5 After late night hockey practices I find it hard to relax and calm my mind to sleep! I've tried a few different things and one that's stuck is the [@usanainc](#) Calm Response. Coming in a stick form, the essential balm oil is so easy to rub on my temples, chest, wrist and let the fragrances of lavender, ylang ylang and bergamot create a calming environment so I'm relaxed and ready for bed!
What's your go to relaxation technique before bed? 🤤🤤🤤
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