

BOOM! NO FEAR! MY ANTI-MONSTER SPRAY

This spray keeps
nighttime monsters
away – so only sweet
dreams come your way!

YOU WILL NEED:



1 small
spray bottle



A calming
essential oil
(e.g. lavender)

HERE'S HOW:



Fill the bottle
with water.

2



Add 2–3 drops of your
essential oil.
(That's enough!)

3



Screw the lid on tight
and shake well –
magic activated!

4



Give it a spray in the air –
and monsters will know:
The Yeti is in charge!

OUR MAGIC MANTRA:

Monsters out, dreams in –
tonight will be peaceful
and full of good things!



IMPORTANT:

Always use essential oils
sparingly.
Do not spray on skin, face,
or bedding. Children should
use this spray only with
adult supervision.