

OTO.

RELAX, UNWIND AND SLEEP SOUNDLY

MANDARIN ORIENTAL LONDON

OTO CBD SLEEP RITUAL



STEP 1

To begin, scan the QR code below to access the **OTO x Faithless Insomnia: Blissful Sleep Remix** to accompany this ritual.

STEP 2

Run a bath and pour in a capful of **OTO CBD Balance Body Oil** to ease any tension from your body and mind.

STEP 3

Settle on to your bed.

STEP 4

Open your **OTO CBD Sleep Selection** and select the **OTO CBD Balance Roll-On**. Roll this liberally on your temples, throat and inner wrists. Cup your hands and deeply inhale soothing scents of **OTO balance blend of aromatherapy oils**.

STEP 5

Hold the **red jasper crystal** in your hand, and set your intentions for a good nights sleep, speaking affirmations of your choice out.

STEP 6

Mist your **OTO CBD Pillow Mist** across your pillows and bed from 30cm away, and inhale calming scents of lavender and vetiver.

STEP 7

Prepare your skin for overnight renewal. Massage your **OTO CBD Night Mask** generously into your face and neck in upward lifting strokes. Follow your **OTO CBD Lip Balm** and **OTO CBD Hand Balm** to nourish and calm lips and hands before sleep.

STEP 8

Relax back onto your pillows and release a dropper of **OTO CBD Sleep Drops** under your tongue. Hold for 30 seconds to absorb before swallowing. Switch off your lights and let the soothing sound scape carry you off to sleep.

SCAN HERE TO ACCESS **OTO X FAITHLESS INSOMNIA: BLISSFUL SLEEP REMIX:**

