



## Peppermint Essential Oil

**DESCRIPTION:** Cooling and refreshing. Diffuse this strong, minty aroma to boost focus, clarity and energy.

**TOP AROMATHERAPY BENEFITS:** refresh • focus • clarity

**AROMA:** Minty & Sweet

**BLENDS WITH:** Lavender, Lemon, Wintergreen

**INGREDIENTS:** Mentha piperita (peppermint) oil

**COLLECTION METHOD:** Steam Distilled

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. Avoid use if breastfeeding. If pregnant or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Not intended for use on children.

Also available in 10 ml roll-on.



### TOP TIPS:

#### Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a refreshing and enlightening aromatherapy experience.

#### Clear the Air

Diffuse to encourage deep breathing when feeling congested.

#### Massage

Add 1-2 drops of peppermint to carrier oil and use for a tingling massage.

#### Sugar Scrub

Combine 10-15 drops essential oil with 1/2 cup coconut oil and 1/2 cup sugar for an invigorating DIY sugar scrub for glowing skin.

#### Bath Salts

Combine 15-20 drops essential oil with 2 tablespoons coconut oil and 2 cups Epsom salt for energized skin.

#### Natural Hairspray

Create a natural hairspray with 1 cup water, 2 teaspoons sugar, and 2 drops each of clary sage, lavender, rosemary, and peppermint.

#### Daily Shower Spray

Add 1 cup of water to a spray bottle and combine with 1 tablespoon liquid Castille soap, 10 drops peppermint oil. Use after showering on tile and glass.

#### Sea Salt Hair

Combine 1 cup warm water, 2 tablespoons sea salt, 1/2 teaspoon fractionated coconut oil, 5 drops lemon oil, and 5 drops of peppermint oil. Spray in hair and lightly scrunch to create beachy waves.

#### Outdoor Spray

Create a natural outdoor spray with 1/2 cup apple cider vinegar and 5 drops each of citronella, lemongrass, peppermint, eucalyptus and rosemary.

#### Encourage Relaxation

Add to carrier oil and apply to temples and/or neck to encourage relaxation when experiencing head tension.

Diffuse or dilute and use topically to encourage relaxation when experiencing nausea, upset stomach, morning sickness, bloating or indigestion.

### DIY AROMATHERAPY BLENDS:

**Alert:** Peppermint + Basil + Lemon

**Bye Bye Bugs:** Peppermint + Citronella + Lemongrass

**Clean & Minty:** Peppermint + Eucalyptus + Rosemary

**Curb Cravings:** Peppermint + Cinnamon + Ginger + Grapefruit

**Ease Tension:** Peppermint + Lavender + Lemongrass

**Feel Refreshed:** Peppermint + Bergamot + Eucalyptus

**Focus:** Peppermint + Lemon + Rosemary

**Memory Boost:** Peppermint + Basil + Rosemary

**Mountain Air:** Peppermint + Canadian Fir + Cedarwood

**Pre-Workout:** Peppermint + Grapefruit + Lemon

**Protective Blend:** Peppermint + Lemon + Oregano + Tea Tree

**Think Clear:** Peppermint + Eucalyptus + Rosemary

Dilution Ratio: Best practices state that one 1/2 tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.