



PEPPERMINT

Oil of a Buoyant Heart

Peppermint oil is one of the most versatile essential oils that can be used in so many ways. For centuries, peppermint has been used to soothe digestive difficulties, freshen breath, and to relieve colic, gas, headaches, heartburn, and indigestion. Emotionally, Peppermint Oil brings joy and buoyancy to the heart and soul.

MOST COMMON USES:

Clears Airways: Rub 1-2 drops on chest and sinus. Drink 1 drop in a glass of water or warm tea. Place a drop on a tissue and inhale regularly. Diffuse 3-4 drops in a cold air diffuser for a restful nights sleep.

Digestive Support: Rub 1-2 drops on stomach and on the bottom of your feet every few hours. Drink 1 drop in a glass of water as often as needed. For Heartburn, apply oil from throat down to the stomach in that direction.

Soothes Headaches: Rub 1-2 drops on forehead, temples, back of the head and around the neck every 2-3 hours. Also rub on your big toes and keep yourself well hydrated.

Nausea/Vomiting: Drink 1 drop straight or in a glass of water. Rub 1-2 drops from the throat down to the stomach. Put a drop on your hands, cup over your mouth and nose to inhale.

Reduce Fevers: Rub 1-2 drops of on forehead, back and on the bottoms of your feet every 2-3 hours. Take regular showers to drive the oils in. For children, use Peppermint Touch oil (prediluted) on their forehead, back and bottoms of their feet every 2-3 hours. Allow them to take baths to cool down.

Itchy Skin: Rub 1-2 drops of Peppermint and Lavender oil directly onto the irritated skin to soothe the itch. Reapply when needed.

Repel insects/flies/lice: Add 3-4 drops of Peppermint with oils such as Cedarwood oil and/or Arborvitae oil topped with Fractionated Coconut Oil into a small spray bottle and spray onto skin/table/doorways to repel insects. To repel lice, add 2-3 drops of Peppermint Oil, Melaleuca/Tea tree oil and/or Eucalyptus Oil into a small spray bottle topped with water. Spray onto hair every morning before styling. If you already have lice, Mix Peppermint oil, Melaleuca/Tea Tree oil and Fractionated Coconut oil all over your hair and leave overnight. Shampoo the next morning and use a lice comb to remove lice.

Surface cleaner: Put 3-4 drops of Peppermint oil and Tea Tree Oil (Melaleuca) into a spray bottle and fill the rest up with water. Or add 3-4 drops of Peppermint oil with 2 teaspoons of On Guard Cleaner concentrate in a spray bottle for a multipurpose spray. This help keeps the ants away.

Clears Brain Fog: Rub 1 drop on the forehead and temples. Diffuse or inhale to increase alertness.

EMOTIONALLY:

Peppermint brings buoyancy to the heart and soul. It helps lift those with a heavy heart. It reminds you that life can be happy and there's nothing to fear. When feeling discouragement, unbearable pain, intense depression or pessimistic, Peppermint oil can help you discover the joy of being alive.