



PEPPERMINT OIL

Applications:

A= Aromatic(smell). **Inhalation:** Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick and inhale. **Diffusion:** Use a cold diffuser to disperse oil into the air.

T= Topical. Direct Application: Apply 1-2 drops of oils directly on desired location and/or on bottom of feet.. **Children:** Dilute with fractionated coconut oil before applying. 1/3 essential oil for smaller children and 1/2 for older children.

I= Internally. Place 2-4 drops of peppermint in a veggie capsule and swallow. Or place 1-2 drops in a cup of water before drinking.

Common Uses:

(A) Alertness, (A,T) Allergies (Airborne), (T) Allergies (Skin), (A,T) Antibacterial, (A,T) Asthma, (T) Autism, (T,I) Bad Breath, (A,T) Brain Injury, (T) Chronic Fatigue Syndrome, (T) Cold Sores, (A,T) Congestion, (T) Constipation, (I,T) Cramps, (I,T) Crohn's Disease, (I,T) Diarrhea, (A,T) Energizing, (A) Fainting, (I,T) Fever, (A,T) Flu, (I,T) Gastritis, (T,A) Headache, (T) Heartburn, (T) Heatstroke, (T) Herpes Simplex, (T) Hives, (T) Hot Flashes, (I,T) Indigestion, (I) Irritable Bowel Syndrome (IBS), (A) Memory, (T) Migrane, (I,A) Morning Sickness, (T) Muscle Fatigue, (A) Nausea, (T) Shock, (A,T) Sinusitis, (I) Ulcer, (T) Varicose Veins & (I,A) Vomitting.

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