
TOP 10 USES FOR PEPPERMINT OIL

- 1. Supports Breathing:** Put a drop of Peppermint oil in your palms, cup it over your nose and inhale. Peppermint promotes healthy breathing and clear respiratory function. Add peppermint to a diffuser during workouts to assist in breathing easier as you workout.*
- 2. Fresh Breath:** Drop 1 drop of Peppermint oil into your mouth to freshen the breath.
- 3. Digestion:** Peppermint promotes healthy digestion. Dilute with Fractionated Coconut Oil and rub 1-2 drops of Peppermint oil on the tummy to support digestion. You can also add a few drops in water or veggie cap to alleviate occasional stomach upset. Peppermint is one of the ingredients in DigestZen digestive blend.*
- 4. Pests:** Peppermint naturally repels bugs such as ants, roaches
- 5. Mouthwash:** Put a drop of Peppermint in a glass of water. Rinse and swish.
- 6. Toothpaste:** If you are making your own toothpaste, you can add to toothpaste for fresh breath
- 7. Food Flavoring:** Add to desserts or smoothies to give a minty flavor
- 8. Muscle Supports:** You can add peppermint to your own blends to support your muscles. Dilute with Fractionated Coconut oil and massage on areas recovering from aches, pains, and tension.*
- 9. Focus & Alertness:** Mix equal portions of Wild Orange oil and Peppermint oil in your palms for alertness. Diffuse Peppermint in your vehicle on long trips. Add any combination of any of the following oils with Peppermint for focus and alertness as a study aid: Lemon, Rosemary, Bergamot, and Cypress.*
- 10. Overheated:** Simply add equal portions of Peppermint, Frankincense, & Lavender in a spritzer bottle of water and spray on the body when overheated.*

*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.

