

The COOLNESS of Peppermint

A GUIDE TO PEPPERMINT ESSENTIAL OIL

G.I. Pacify Blend

10 ML ROLLER-ON BOTTLE
4 DROPS OF PEPPERMINT
2 DROPS OF MARJORAM
2 DROPS OF FRANKINCENSE
3 DROPS OF JUNIPER
CARRIER OIL (LIKE SWEET ALMOND OIL)

Drop pure essential oils in a 10 ml roller-on bottle. Fill to the top with carrier oil. Apply directly to stomach area for relief of intestinal discomfort. *For severe indigestion, mix a few drops of G.I. Pacify Blend to a cup of water, hot or cold, and drink for relief.

history

Peppermint oil is one of the most utilized of the essential oils.

This important plant has been used therapeutically since ancient times. A form of mint has even been found in ancient Egyptian tombs that date back to 1000 B.C.



THERAPEUTIC USES

SKIN CARE:

Peppermint can be used to treat acne, ringworm, and scabies.

MUSCULAR SYSTEM:

Peppermint can relieve muscle pain and discomfort caused by arthritis.

DIGESTIVE SYSTEM:

Peppermint effectively provides relief for conditions such as irritable bowel syndrome (IBS), Crohn's disease, diverticulitis, liver and gallbladder complaints, loss of appetite, spastic colon, diarrhea, gas, bloating, colic, cramps, and heartburn. It also calms indigestion, relieves gas, reduces colon spasms, and eases motion sickness and nausea.

NERVOUS SYSTEM:

Peppermint can ease ailments affecting the nervous system such as headaches and migraines, mental fatigue, neuralgia, and vertigo.

RESPIRATORY SYSTEM:

Peppermint can soothe symptoms associated with asthma, bronchitis, halitosis, sinusitis, spasmodic cough, colds, flu, and fevers.

EMOTIONAL AND MENTAL HEALTH:

Peppermint can relieve nervous stress, ease negative thoughts, improve mental focus, awaken the senses to spark motivation, dispell gloominess & depression and calm a racing mind.

HOUSEHOLD:

Peppermint can be used as a key ingredient in homemade toothpaste, a great antibacterial home-cleaning agent, an insect and critter repellent (especially against mice), and an excellent mold cleaner.

**Use essential oils internally at your own risk or under the care of an herbalist, aromatherapist or ND*