

PEPPERMINT

PRIMARY BENEFITS + USES OF PEPPERMINT ESSENTIAL OILS

- PROMOTES HEALTHY RESPIRATORY FUNCTION AND CLEAR BREATHING
- PROMOTES DIGESTIVE HEALTH
- REPELS BUGS NATURALLY
- USE A DROP OF PEPPERMINT WITH LEMON IN WATER FOR A HEALTHY, REFRESHING MOUTH RINSE.
- TAKE ONE TO TWO DROPS IN A VEGGIE CAPSULE TO ALLEVIATE OCCASIONAL STOMACH UPSET.
- ADD TWO TO THREE DROPS TO YOUR FAVORITE SMOOTHIE RECIPE FOR A REFRESHING TWIST.
- PLACE ONE DROP IN PALM OF HAND WITH ONE DROP WILD ORANGE AND ONE DROP FRANKINCENSE AND INHALE FOR A MID-DAY PICK-ME-UP.
- POWERFUL FOR MIGRAINES AND HEADACHES AS WELL AS NAUSEA AND MOTION SICKNESS

HOW I USE PEPPERMINT ESSENTIAL OIL IN OUR HOME:

- APPLY TO MY TEMPLES AND ALONG THE BACK OF MY NECK (SHOULDER TOO) FOR HEAD TENSION.
- APPLIED TO MY CHEST BEFORE A WORKOUT TO ENERGIZE, UPLIFT AND OPEN AIRWAYS.
- SOOTHE MY ACHY MUSCLES, ESPECIALLY AFTER WORKOUTS.



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- IN THE DIFFUSER WITH WILD ORANGE TO SET A BEAUTIFUL MORNING TONE.
- 1 DROP OF MY HAND, INHALE 3 TIMES TO GIVE ME A PICK ME UP AND PUT GRATITUDE BACK IN MY HEART.
- APPLIED AT THE END OF OIL APPLICATIONS AND PROTOCOLS TO "DRIVE" THE ESSENTIAL OILS DEEPER INTO THE BODY.
- 1 DROP IN MY SMOOTHIES, COFFEE OR GREEN DRINK TO BRING A BEAUTIFUL MINT TASTE.
- 1 DROP IN A SHOT GLASS WITH WARM WATER AND HONEY TO SOOTHE MY TUMMY.
- ADD 3 DROPS TO ANY CHOCOLATE CAKE OR BROWNIES TO MAKE AN AMAZING PEPPERMINT CHOCOLATE TREAT.

EMOTIONAL BENEFITS OF PEPPERMINT: THE OIL OF A BUOYANT HEART

- PEPPERMINT BRINGS JOY AND BUOYANCY TO THE HEART AND SOUL.
- IT INVIGORATES BODY, MIND AND SPIRIT AND REMINDS INDIVIDUALS THAT LIFE CAN BE HAPPY AND THERE IS NOTHING TO FEAR.
- IT LIFTS AN INDIVIDUAL OUT OF THEIR EMOTIONAL TRIALS FOR A SHORT REPRIEVE.
- THE POWER OF PEPPERMINT CAN BE FELT MOST IN TIMES OF DISCOURAGEMENT OR DEPRESSION.
- WHEN THE INDIVIDUAL IS DISHEARTENED, THEY MAY USE PEPPERMINT TO RE-DISCOVER THE JOY OF BEING ALIVE.
- WHEN IT IS ACCEPTED AND EMBRACED, EMOTIONAL PAIN SERVES AS A TEACHER. PEPPERMINT CAN ASSIST AN INDIVIDUAL IN REGAINING THE STRENGTH NEEDED TO FACE THEIR EMOTIONAL REALITY.