

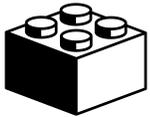
# Peppermint Essential Oil



Topical



Inhalation



Child Safe 6+



Pregnancy Safe

May help with dull injuries, swelling, nausea, morning sickness, depression, diarrhea, heartburn, stimulate memory, promotes menstrual flow, MRSA, muscular aches and pains, expectorant, mucolytic, digestive upsets, indigestion, vomiting, colds, flu, headache, migraine, analgesic, antibacterial, anti-inflammatory, anti-fungal, antimicrobial, antiseptic, asthma, fatigue, fever, flatulence, headache, insecticide, insect repellent, intestinal parasites, mental alertness, muscle stiffness, ringworm, scabies, sedative, sinus infection, sunburn, vertigo, flatulence, bad breath, varicose veins, skin irritations, rheumatism, toothache, acne, dermatitis, itching, stomach cramps.

**TOPICAL:** Apply diluted on location as desired. Ok for children 6+ with proper dilution and avoiding the face & neck.

**INHALATION:** Diffuse or inhale directly.

**INTERNAL:** It is not advised to take essential oils internally unless under the guidance of a licensed physician who is also certified in aromatherapy.

**CAUTIONS:** Avoid eyes & ear canal. Skin irritation. Do not apply near the face or neck of children. May reduce milk supply while breastfeeding. Use with caution with high blood pressure.



For more information and recipes, visit:

## PEPPERMINT LIP BALM

3 Tbsp coconut oil

2 Tbsp beeswax (grated or pellets)

1/2 Tbsp sweet almond oil or sunflower oil (you can also use cocoa butter)

10 drops Peppermint essential oil

Chapstick tubes (or small 1-2oz jars)

Fill a sauce pan about half way with water. Combine first three ingredients in a glass mason jar and set inside that pan. (Do not let the water from the pan get into the mason jar) Heat the pan and stir the ingredients until they are just melted, but not boiling. Remove from heat and add peppermint oil. Stir again and use dropper to fill containers of your choice. Yield: 12 tubes.



These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Keep out of reach of children. Not for internal use or undiluted topically. Consult with a licensed physician before use.