

Peppermint

We at Meraki Essentials call Peppermint the "Frosty Potion" owing mainly to the familiar cooling, refreshing sensation and calming effect that it induces through its aroma or topical application!

Essential Oil of Peppermint has a fresh, minty, stimulating and refreshing aroma.

Peppermint is historically known to be a natural energizer, promotes clarity and alertness, raises the soul to a higher understanding and dispels negative thought forms and energies.

Diffusion may help in: Achieving focus & concentration * Getting over feeling of insecurity & inferiority * Intuitive insight * Mental clarity * Psychic sensitivity * Unclogging sinuses & offer relief to scratchy throat * Relaxing muscles of nasal passage & clearing out muck & pollen during allergy season * Staving off munchies - helps feel fuller faster.

Massage with Carrier Oil may help in: Relaxing muscles & relieving pain * Deep Cleansing & decongesting skin * Stimulating the scalp * Skin inflammation

Massage with Carrier Oil on stomach may help in: Digestive issues

Additional: 2-3 drops in shampoo or conditioner may stimulate the scalp, energize the mind & may also help fight against dandruff & lice.



How to use Essential Oils?

It is important for a user of Essential Oils to acquire knowledge before using them so as to be able to use them safely and to get desired results. There is plethora of information available on each essential oil, its benefits, and usage, in books and on the internet.

Informed use of essential oils can derive immense benefits to mind, soul & body.

In general, essential oils are used as under:

- * Blend 20 - 30 drops of an essential oil with 50 ml of carrier oil & massage gently on skin and hair.
- * Add a few drops to bath water to reap benefits.
- * Use 4-5 drops of essential oil in water, diffuse & witness wonderful fragrances that bring delight to the mind & soul.

Be careful not to use higher quantities

Precautions: Avoid during pregnancy * Use sparingly * Do not use undiluted on skin * Patch test recommended before use * May cause allergy to sensitive persons in which case discontinue use immediately * Avoid contact with eyes & mouth * Essentials oils are flammable * Store in a cool & dry place, away from sunlight * Keep out of reach of children * Use within three months of opening the bottle * For external use only * Not for ingestion

www.merakiessentials.com

Be sure that you are buying high-quality pure essential oil.