



Essential Oil Facts & Uses



Peppermint

Botanical Name	Mentha piperita
Botanical Family	Lamiaceae/Labiateae
Place of origin	India
Method of Extraction	Steam distillation
Source	Leaf
Note	Top
Blends well with	Eucalyptus, lavender, lemon, marjoram, rosemary
Chemical Components	40.2% l-menthol 18.7% n-menthone 7.0% 1.8-cineole 4.5% isomenthol 3.6% menthyl acetate
Chemical effects	<ul style="list-style-type: none"> • Analgesic (alcohols) • Rubeficiant (monoterpenes) • Expectorant (ketones & oxides) • Mucolytic (ketones) • Anti-spasmodic (esters) • Antimicrobial • Antiviral • Cooling
Uses	<ul style="list-style-type: none"> • Aids digestive issues, nausea, and cramps; stimulates bile • Respiratory – decongestant • Muscular pain – analgesic • Headaches - analgesic • Relieves hot flashes • PMS, cramps – anti-spasmodic and analgesic • Mood – stimulating, refreshing • Boosts energy - stimulating
Safety GRAS status	<ul style="list-style-type: none"> • For external use only, DO NOT use internally unless under the guidance of a licensed health care professional. • DO NOT use on infants. • DO NOT use on face of children. • DO NOT use during pregnancy or when nursing. • DO NOT use if you have cardiac fibrillation, or if you have a G6PD deficiency (inherited enzyme deficiency)

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	<ul style="list-style-type: none">• May be toxic to pets if not used properly. See https://www.petpoisonhelpline.com/pet-safety-tips/essential-oils-dogs/ https://www.petpoisonhelpline.com/blog/essential-oils-cats/• DO NOT applied undiluted to skin.• AVOID contact with eyes.
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USES

Muscular Pain

Lavender acts as a natural pain reliever. Synergistic properties of combining lavender and eucalyptus are particularly effective at soothing sore muscles. It is effective for treating headaches, PMS, cramps, muscular aches and pains.

Application:

1. Soak in a **Peppermint and Lavender Bath Salts** bath (see recipe below).
2. Rub peppermint massage oil onto affected area (see recipe below).

Headaches

Lavender's pain-relieving properties make it an effective treatment for headaches, particularly when combined with peppermint essential oil.

Application:

1. Add 5 of lavender and 5 drops of peppermint essential oil to a nasal inhaler. Open inhaler and inhale 1-3 deep breaths. Use as needed.
2. Use Headache Relief roll-on (see recipe). Roll on temple at the onset of a headache.

Digestive Aid

Peppermint stimulates the secretion of bile which assists in digestion. It also relieves nausea and abdominal cramping.

Application:

1. Rub peppermint massage oil (see recipe below) onto abdomen.

Mental Focus/Stimulation

Peppermint can relieve mental fatigue. It is a natural energizer and stimulator.

Application:

1. Diffuse 3-5 drops of peppermint essential oil in your environment using an essential oil diffuser.
2. Add 5-10 drops to a nasal inhaler. Open inhaler and inhale 1-3 deep breaths. Use as needed.
3. Rub 1-2 drops of peppermint massage oil (see recipe below) and dab on wrists or back of neck.

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Respiratory

Peppermint is used for respiratory conditions such as colds & flus, asthma, bronchitis, sinus infection. It works as an expectorant and cleanses your body of bacteria. It also dilates blood vessels and increases blood flow to the lungs.

Application:

1. Diffuse 3-5 drops of peppermint in your environment.
2. Add 5-10 drops to a nasal inhaler. Open inhaler and inhale 1-3 deep breaths. Use as needed.
3. Rub 1-2 drops of peppermint massage oil (see recipe below) on chest, temples and back of neck.
4. Rub homemade vapour rub on chest, throat and back (see recipe below).

RECIPES

Headache Relief Roll-on

Ingredients:

- 1 roller bottle (10ml)
- 6-7 drops of lavender essential oil
- 3 drops of peppermint essential oil
- 10ml of carrier oil of choice (jojoba, grapeseed, fractionated coconut oil etc.)

Directions:

1. Fill roller bottle with carrier oil.
2. Add 6-7 drops of lavender and 3 drops of peppermint.
3. Roll blend on temples at onset of headache.

Peppermint Massage Oil

Ingredients:

- 15ml of carrier oil of choice (jojoba, grapeseed, fractionated coconut oil etc.)
- 3 drops of peppermint essential oil

Directions:

1. Blend carrier oil and essential oils together.
2. Massage on affected areas.

Quick and Easy Homemade Vapour Rub

Ingredients:

- ¼ cup of coconut oil
- 12 drops of peppermint essential oil
- 12 drops of eucalyptus essential oil

Directions:

1. Blend coconut oil and essential oils together.
2. Transfer to container with a tight-fitting lid and store in a cool area.
3. Massage into chest, throat and back as needed.

This recipe is not suitable for children under the age of 6.

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Homemade Vapour Rub

Ingredients:

- ¼ cup of shea butter
- 12 drops of peppermint essential oil
- 12 drops of eucalyptus essential oil

Directions:

1. In a double broiler, gently melt shea butter.
2. Once completely melted, remove from heat and stir in essential oils.
3. Transfer to container with a tight-fitting lid and store in a cool area.
4. Massage into chest, throat and back as needed.

This recipe is not suitable for children under the age of 6.

Peppermint and Lavender Bath Salts

Ingredients:

- 1 cup Epsom salts
- ¼ cup baking soda
- 5 drops of peppermint essential oil
- 10 drops lavender essential oil

Directions:

1. Place Epsom salts in clean mixing bowl.
2. Add baking soda to the salts and mix well.
3. Add essential oils and mix well.
4. Store in a clean glass jar.
5. Dissolve approximately ¼- ½ cup of the salt in a warm bath (ensure complete dissolution).

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