

How to Use Your Peppermint Oil

Peppermint (*Mentha piperita*) has a strong, clean, fresh, minty aroma and is one of the oldest and most highly regarded herbs for soothing digestion and pain. Your sample is pure oil. Use no more than ONE or TWO drops neat (directly on the skin). Peppermint oil is often diluted before topical application. It can also be used to flavor food and teas.

- Massage several drops on an injury to reduce inflammation.
- To relieve a headache, rub a drop on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
- 1-2 drops on stomach to relieve indigestion, flatulence, nausea, diarrhea.
- Add a drop to herbal tea to aid in digestion / relieve heartburn
- Rub several drops on the bottoms of the feet to reduce fever.
- Apply a drop topically on unbroken skin to stop itching.
- For poison ivy or poison oak, apply on location neat or dilute with carrier.
- Inhale to boost mood, alertness, and concentration, and reduce fatigue.
- To stop hiccups, apply a drop on each side of C5 of the spine.
- Diffuse in the room while studying to improve concentration and accuracy. Inhale when taking a test to improve recall.
- Rub 4 drops on chest and stomach to relieve travel sickness.
- Place a drop on the tongue / inhale relieve congestion.
- Add food as a flavoring and a preservative.
- To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along their path or point of entry.
- Mix 15 ml into a 5 gallon can of paint to dispel the fumes.
- To kill aphids, add 4-5 drops to 4 oz of water and spray plants.
- Rub on joints to relieve arthritis or tendonitis pain.
- Place a drop on the tongue to stop bad breath.
- Inhale to curb the appetite and lessen the impulse to overeat.
- Remove ticks by applying a drop on a cotton swab and swabbing the tick. Wait for it to unhedge its head and remove from your pet.

CAUTIONS:

Do not use in bath tub as oil will create chilling within the body.

Do not use undiluted on children under the age of 5.

Do not get in eyes. To dilute oil that has already been placed on skin use a small amount of cooking oil as water will not disperse the oil.

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