



# PEPPERMINT ESSENTIAL OIL

## INTENDED BENEFITS:

- Digestive Support
- Respiratory Health
- Headache & Migraine Relief
- Mental Performance, Focus, & Anti-Fatigue
- Muscle Relaxation
- Oral Health



Ingredients: 100% guaranteed pure Mentha X Piperita Oil

## USE SUGGESTIONS

When using topically, \*\* dilution with a carrier oil is recommended.

- **DIGESTIVE SUPPORT:**  
Inhaling aroma may help with gas, bloating, and indigestion. Alternatively, make a tea of 1 drop Peppermint, 1/4 tsp. honey, and 1 cup hot water and ingest 1 time daily as needed. Dilute with CS Muscadine Oil (carrier oil) and massage on abdomen.
- **RESPIRATORY SUPPORT:**  
Diffusing or adding to hot water and inhaling steam may promote easier breathing and relieve sinus congestion.
- **HEADACHE/MIGRAINES/FATIGUE:**  
Inhale aroma or combine with CS Muscadine Oil (carrier oil) and apply to temples, forehead, or back of neck.
- **CLARITY/FOCUS/ALERTNESS/MENTAL PERFORMANCE/ANTI-FATIGUE:**  
Diffusing or applying to wrists or behind ears may help to increase mental performance.
- **MUSCLE RELAXATION/SORENESS/CRAMPS/STIFFNESS:**  
Dilute with CS Muscadine Oil (carrier oil) and massage on muscles.
- **MOUTH WASH:**  
Adding to a cup of water and rinsing in mouth may have antibacterial effects, freshen breath, reduce bacteria, and promote gum health.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Individual results may vary.

\*\*Always perform a patch test on the skin before application the first time.

