



PRODUCT DESCRIPTION

A comprehensive study revealed that Peppermint essential oil is quite helpful when dealing with headaches. Peppermint is a go-to diffuser oil for mood enhancement and vitality. Peppermint is essential in alleviating stomach problems and boosting respiratory health.

PRIMARY BENEFITS AND SAMPLE USES

- » Helps ease breathing
- » Helps with nausea & morning sickness
- » Can provide relief from stomach pain
- » Helps with digestion
- » Boosts mental clarity and focus
- » May improve oral health
- » Reduces body temperature due to fever or over heating

DIRECTIONS

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Diffusion: Diffuse 3-5 drops or more in the Purely diffuser.

Topical: Dilute 1-2 drops with a Purely carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

Ingestion: When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

PRECAUTION







Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

BLENDS WELL WITH

Eucalyptus, Grapefruit, Juniper Berry, Lavender, Lemon, Rosemary and Tea Tree

COUNTRY OF ORIGIN United States of America

EXTRACTION METHOD Steam distillation

-  **DIFFUSION**
-  **TOPICAL**
-  **STEAM**
-  **BATH**
-  **INGEST**
-  **SENSITIVE**

DILUTION TABLES

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5

SKU# 1004 retail: \$18	PEPPERMINT	<p><i>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.</i></p>
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