



Peppermint

1. PEPPERMINT ESSENTIAL OILS SUPPORT HEALTHY BREATHING. DILUTE A DROP OF PEPPERMINT OIL COMBINED WITH FRACTIONATED COCONUT OIL AND PLACE UNDER YOUR NOSE TO SUPPORT OPEN AIRWAYS AND HELP YOU BREATHE EASILY.
2. A HOT FEET FIX. ADD PEPPERMINT TO A COLD COMPRESS AND COOL DOWN YOUR OVERWORKED FEET.
3. BREAK AWAY FROM SUMMER HEAT. KEEP A SPRAY BOTTLE OF WATER WITH A FEW DROPS OF PEPPERMINT ESSENTIAL OIL NEARBY, ESPECIALLY WHEN YOU REALLY NEED TO COOL DOWN!
4. COULD YOU START A FIRE WITH YOUR BREATH? USE A DROP OF PEPPERMINT WITH LEMON IN WATER FOR A HEALTHY, REFRESHING MOUTH RINSE. IT FRESHENS BREATH AND BUILDS CONFIDENCE IN YOUR CLOSE ENCOUNTERS. I ALSO LOVE TO ADD 1 DROP OF PEPPERMINT TO MY LIP GLOSS TUBES!
5. TAKE A DEEP BREATH. INHALE DEEPLY TO INVIGORATE LUNGS AND INCREASE ALERTNESS.
6. STRESSED? APPLY TO NECK AND FOREHEAD WITH LAVENDER TO RELIEVE TENSION AND PRESSURE.
7. A JOINT EFFORT. PEPPERMINT IS A GREAT WAY TO COOL JOINTS WITHOUT TAKING AN ICE BATH. IT HELPS TO SOOTHE OCCASIONAL MUSCLE AND JOINT DISCOMFORT.
8. TUMMY CALMER. RUB ON THE STOMACH OR TAKE INTERNALLY FOR OCCASIONAL DIGESTIVE DISCOMFORT.
9. SHAKE IT UP. ADD A DROP OF PEPPERMINT TO YOUR CHOCOLATE TRIM SHAKE FOR A YUMMY TWIST.
10. ZERO TO SATIETY IN SECONDS. MOST PEOPLE EAT UNTIL THEY FEEL FULL. DIFFUSING PEPPERMINT WILL HELP REIGN IN THE URGE TO SNACK ON JUNK FOOD. IT'S A GOOD WAY TO CONTROL APPETITE AND TO FEEL FULL FASTER.
11. OUT ON THE OPEN ROAD. DON'T FALL ASLEEP AT THE WHEEL! INHALE PEPPERMINT FROM A HANDKERCHIEF OR STRAIGHT FROM THE BOTTLE TO PERK UP ON LONG DRIVES.
12. AWAKEN YOUR SENSES. BEFORE YOUR WORK OUT, APPLY A BIT OF PEPPERMINT TO YOUR CHEST OR JUST TAKE A DEEP BREATHE STRAIGHT FROM THE OPEN BOTTLE. THEN, AFTER YOUR WORKOUT ADD TO SHAMPOO TO STIMULATE YOUR SENSES & HELP WITH SCALP HEALTH.
13. APPROACHING DEADLINES MEAN LONG AND LATE HOURS. RATHER THAN GRAB A SNICKERS TO REVITALIZE YOU AS YOU 'GO THE EXTRA MILE', DEEPLY INHALE PEPPERMINT TO FEEL REVITALIZED AND READY TO GO.
14. UN-BLOCK WRITER'S BLOCK. PEPPERMINT CAN SUPPORT BLOOD CIRCULATION AND LEAVE YOU FEELING REJUVENATED TO KEEP THOSE CREATIVE JUICES FLOWING. SIMPLY SPRITZ PEPPERMINT ON CHILD'S SHIRT BEFORE STUDY TIME FOR IMPROVED CONCENTRATION AND ALERTNESS.
15. SAVOR THE COMBINATION. PEPPERMINT MAKES A DELICIOUS ADDITION TO ALL THINGS CHOCOLATE. ADD A DROP INTO YOUR CHOCOLATE BEVERAGES AND BAKED GOODS. YUM!