

# Peppermint

Product size: 15 ml | Item No. #32046

Peppermint essential oil is treasured for its refreshing, minty aroma. Distilled from the leaves of the *Mentha piperita* plant, Peppermint essential oil is typically four times more concentrated than peppermint extract. You can apply it topically to create a cool, tingling sensation on the skin, which can be very soothing after hard physical activity. We recommend using Peppermint essential oil anytime you want to add a pleasant variety to your routine!

## Key Ingredients

Peppermint essential oil: Invigorating aroma that can help create a focused environment.



## Benefits and Features

- Creates a cooling sensation when applied to fatigued muscles after physical activity.
- Produces a focused environment when inhaled or applied to pulse points.
- Provides a refreshing experience when mixed with your favourite shampoo or when applied to skin after a warm day in the sun.

## Directions

Apply topically to desired area. In case of sensitivity, dilute 15 drops in 10 ml of carrier oil.

## Cautions

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health care professional prior to use. Not intended for use on infants.

# Peppermint

---

## Product Background

Peppermint is originally from Europe, but 75 percent of the world's supply is now grown in the United States. To produce one of Young Living's most popular oils, we look to several farms, including our Whispering Springs Farm in Mona, Utah.

One 15 ml bottle of Peppermint essential oil is created by steam distilling 1 pound of the leaves and flowering tops of the peppermint plant. Peppermint is a key ingredient in Cool Azul, and Deep Relief® Roll-On.



## Suggested Use

- Use Peppermint while working or around kids while doing their homework for an environment that is focused and energised.
- Inhale or apply it to your chest before and during a tough workout for a stimulating scent.
- Apply it topically to fatigued areas following physical activity for a cooling sensation.

## Ingredients

Mentha piperita\* (Peppermint) oil.

May contain: Limonene\*\*, Linalool\*\*.

\*100% pure essential oil

\*\*Natural constituents of essential oils