



PEPPERMINT



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Essential Oil *Mentha piperita*

Used in aromatherapy

Experience Wellness in Body & Soul

- **BODY:** Helps relieve joint or muscle pain associated with sprains, strains and rheumatoid arthritis. Peppermint can reduce the symptoms of a cold and cough. When experiencing digestive discomfort it acts as a carminative and antispasmodic.
- **SOUL:** As well as many other uses, Peppermint can also help calm the nerves with its relaxing properties and acts as a nervine and calmative.

USAGES: *Local application, body massage, topical application, sprays used for muscle pain/other topical use, bath, direct inhalation, steam inhalation, compresses*



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