

Peppermint Essential Oil x 10 ml

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Renowned for its stimulating, fresh and minty smell, Peppermint Essential Oil enhances your precision and focus. When you're having difficulty concentrating, peppermint offers clarity so your mind is sharper and your senses are keener. With a clear focus, you'll masterfully handle all of life's many details.

[1012]

\$ 39.00

Quantity

1

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DIRECTIONS

- **Tension that causes headaches and migraines:** Apply 31 Herbal Cream or 31 Herbal Oil on temples, behind the ears and on the nape of the neck. Cold compresses with Peppermint Essential Oil are also very comforting.
- **Fever:** To lower body temperature, apply cold compresses with Peppermint or Eucalyptus Essential Oil.
- **Discomfort related to winter and allergy season such as cold, runny nose, etc.:** Spray Eucasol on clothes, pajamas and pillow, or on a handkerchief and inhale its refreshing aroma to recover the pleasure of free breathing. Supplement with a bath with Eucalyptus Bath Essence and inhalations with Eucalyptus or Peppermint pure Essential Oils to enjoy a comforting feeling of well-being. Baths with Thyme Bath Essence and massages on the neck, chest, back & soles of feet with Thyme Cream are the perfect partners to help you get through cold winter times and allergy season. Reinforce winter protection with a bath with Echinacea & Ginseng Bath Essence.
- **Tired feet:** Take foot baths with Pedibath during 10´ to 15´. For a superior refreshing effect, add a few drops of Peppermint Essential Oil to Pedibath Foot Bath before incorporating the hot water. Follow by either spraying Pedibon on feet or massaging with Pedicream Foot Cream to relax feet.
- **Varicose veins:** Gently massage legs with Pedibalm in an upwards direction to favor blood circulation. Follow with an immersion bath with Mountain Hayflower & Edelweiss Bath Foam for a more comforting action.
- **Concentration:** Apply a few drops of Peppermint Essential Oil in a burner or on a paper tissue over your face to improve concentration as the vapors of the essential oils are inhaled.
- **Nausea:** Rub one drop of Peppermint Essential Oil or 31 Herbal Oil under your nose and breathe deeply to inhale its refreshing and revitalizing scent that dulls feelings of nausea.
- **Oral hygiene, mouth sores:** Rinse with Peppermint or Eucalyptus Essential Oil to keep the mouth clean and fresh. To comfort mouth sores rinse with a couple of drops of Tea Tree Oil diluted in warm water.
- **Dilution of essential oils:** Mix a total of 3-5 drops of your favorite essential oils into a teaspoon of Aromablends Body Lotion or Body Oil and apply over your whole body or over a specific area for a massage. Or, mix a total of 6 drops of one or several essential oils for every 10 ml of Aromablends Body Mist in a small spray bottle.

INGREDIENTS

Mentha piperita (Peppermint) Oil.

ABOUT SWISSJUST USA



Since 1930 Just products have been formulated in Walzenhausen, Switzerland. Our products are infused with 100% pharmaceutical grade pure essential oils that capture the beneficial effects of nature by releasing the healing power within plants. Whether you want to feel more revived, relaxed or rejuvenated, our products nurture a positive state of total well-being helping you better connect with the world around you.

CONTACT US!

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