

# Peppermint essential oil



**Product Size:** 15 ml  
**Item No:** 3614

Meet Peppermint essential oil, the natural blend of water mint and spearmint that hails from Europe and now thrives in the U.S. The crisp, minty aroma is only the beginning of this premium powerhouse. It's a burst of freshness while you create a focused environment conducive to work or study. Apply it to tired muscles to cool them down after physical activity. Add it to your favorite shampoos for extra zingy sensations or to your toothpaste or mouth rinse for fresher breath. Once you start, you'll discover Peppermint is much more than an oil—it's a way of life!

Breathe in the cool kick of Peppermint essential oil. Refresh your routine with this minty sidekick packed with menthol, giving this oil its invigorating aroma and cooling touch, which soothes fatigued muscles after physical activity.

## BENEFITS AND FEATURES

- Features a cool, minty, herbal aroma that's invigorating, uplifting, and refreshing
- Helps cool and soothe fatigued muscles after physical activity with topical application
- Has an invigorating aroma conducive to work or study
- Creates a refreshing breathing experience when inhaled or diffused
- Contains the naturally occurring constituents menthol and menthyl acetate

## SUGGESTED USAGE

- Add it to Young Living<sup>®</sup> V-6<sup>™</sup> Vegetable Oil Complex or other massage oils and massage to the abdomen for a soothing experience.
- Add it to your favorite shampoos for a stimulating sensation.
- Diffuse it for a refreshing breathing experience during the cold winter months.
- Diffuse Peppermint oil's sharp aroma while working or doing homework.
- Apply it topically to your temples, feet, shoulders, neck, or scalp or to tired muscles following physical activity for a cooling sensation.
- Mix it with Lavender oil or LavaDerm<sup>™</sup> After-Sun Spray and apply to skin after a day in the sun for an added cooling sensation.
- Add it to your toothpaste or mouth rinse for fresher breath.
- Add it to Ortho Ease<sup>®</sup> or Ortho Sport<sup>®</sup> Massage Oils for a soothing massage.

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## DIRECTIONS

**Topical:** Dilute 1 drop with 4 drops of V-6™ Vegetable Oil Complex. Test on a small area of skin on the underside of your arm and apply to desired area as needed.

**Aromatic:** Diffuse up to 10 minutes 3 times daily.

## SAFETY

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 professional prior to use.

## INGREDIENTS

Peppermint (*Mentha piperita*)† oil

†Premium essential oil

## COMPLEMENTARY PRODUCTS



Orange  
Essential Oil  
Item no: 3602



Lemon  
Essential Oil  
Item no: 3578



Lavender  
Essential Oil  
Item no: 3575



Deep Relief™  
Roll-On  
Item no: 3534