

Here are some uses for the mint:

Headaches Peppermint may ease headaches and migraines. Apply a rub to temple area in circular motion and across the forehead. For migraines, wet hair and put 4-5 drops into your hand and massage into the scalp.

Sinus Problems Peppermint is very useful in reducing sinus congestion when added to a bowl of steaming or boiling water. A rub may be applied to chest, back of neck area, and behind ears. A few drops of oil in a vaporizer at night will help ease congestion as well.

Digestive System Peppermint oil can help relax the muscles of the digestive tract to relieve the symptoms of irritable bowel syndrome. One drop of peppermint oil on a sugar cube or used in tea may help relieve intestinal cramps.

Body Muscles & Arthritis Peppermint oil is soothing to sore muscles when added to a hot bath or massage oil. Use this to soothe arthritis pain. Mix 4-5 drops of oil into 1 ounce of lotion and/or massage carrier oil.

Feet Applied full strength, or mixed with a carrier oil, peppermint oil may relieve swollen feet and may reduce and assist in healing blisters, cuts, or athlete's foot by killing bacteria.

Women Only Relieve menstrual or abdominal cramps, add 1-2 drops of peppermint oil on a sugar cube or into an 8 ounce glass of water and drink. A toothpick dipped in oil works great for tea or water. Also helps to relieve Hot Flashes!

Flu Season? For a sore throat, sparingly dip a cotton swab into mint oil and carefully apply to the back of the tongue area. Relieve congestion by rubbing a few drops of peppermint oil on chest & covering with warm compress. Add a few drops of mint oil to the water of a humidifier or vaporizer to keep it smelling fresh and kill germs.

Peppermint Oil is anti-viral, anti-bacterial, and anti-fungal!