



PEPPERMINT USES

ENERGIZING BLEND FOR DIFFUSER, BATH, OR
SPRAY

Use:

- ⇒ 10 drops of Orange Essential Oil
- ⇒ 6 drops of Peppermint Essential Oil

For bath preparations: dilute mixture with 1-2 ounces of carrier oil like Sweet Almond Oil and add to bath

- ⇒ *for this remedy, dilute and test a little of the oil on your hand to ensure no unknown skin sensitivity exists

*do not touch to eyes, wash hands after use

For room spray: dilute with water as desired and mist around room to add energizing fragrance.