

# Peppermint

## Benefits of Peppermint

- Refreshing minty aroma. Good on its own but excellent combined with other essential oils
- Promotes clear breathing and healthy respiratory function
- Aids in digestion
- Repels bugs naturally
- Cooling to the body when used topically
- Eases tension headaches and neck pain
- Creates an alert environment for mental clarity
- Can be used to freshen breath and support oral hygiene
- Provides a soothing massage, for sore muscles, when combined with Fractionated Coconut Oil



## North Western USA

dōTERRA sources Peppermint Essential Oil from the North Western United States and a few other parts of the world known to have high levels of rainfall. Different climates and soils impact the chemical profile of the peppermint plant. The Pacific Northwest is an ideal climate for growing the plant because of the high consistent amounts of rainfall each year, as well as nutrient rich soil. This contributes to a high menthol content, which gives Peppermint Oil, its minty aroma and flavour.

Co-Impact Sourcing® | See our info sheet on **dōTERRA** Co-Impact Sourcing

[LINK](#)

## Emotional Support

- The Oil of a Buoyant Heart
- Brings joy and buoyancy to the heart and soul
- Invigorates mind, body, spirit
- Brings optimism, relief and strength to face emotional pain
- Careful not to use as a permanent escape of emotional issues (as emotional pain serves as a teacher) but as an aid to bring joy and lightness
- Uses: unbearable pain, disheartened, intense despair, heaviness, pessimistic, muddled

[www.enlightenhealing.com](http://www.enlightenhealing.com)

## dōTERRA blend – Deep Blue

Peppermint is an ingredient in the soothing blend called *Deep Blue* from dōTERRA. *Deep Blue* comes as a rollerball, massage cream and essential oil. It is designed to soothe aching muscles and joints and to ease tension and stress. Can be used before and after exercise.

**Deep Blue | Ingredients:** Wintergreen Leaf, Camphor Bark, Peppermint Plant, Ylang Ylang Flower, Helichrysum Flower, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower

**DIRECTIONS FOR USE: TOPICALLY:** apply 1-2 drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. If using cream, rub into joints or muscles as desired either before or after exercise. Rub Deep Blue on your lower back after a day of heavy lifting at work or during a move.

**EMOTIONAL USE:** The Oil of Surrendering Pain – generally used for physical pain, but it can also assist individuals who are resisting or avoiding the emotions that underlie their physical pain. It gives a person strength to face their emotional wounds, allowing the wounds to surface for transformation and healing.

# How to use



- Peppermint can be used to relieve occasional head tension, when applied to temples, forehead and neck
- Excellent pick-me-up. Drop in palm, rub hands and inhale
- For Peppermint's digestive benefits, take 3 drops in a veggie capsule before meals
- Add 1 drop to water for a mouth rinse
- Apply trace amounts to tips of ears to cool body down
- Diffuse to promote an environment of alertness and mental clarity
- Place 1 drop on toothbrush to freshen breath and support oral hygiene
- Dilute 2 drops in 4 drops of Fractionated Coconut Oil and massage into sore muscles
- Take in a veggie capsule for healthy respiratory function and feelings of clear breathing
- Add 1 drop to water to reduce occasional nausea
- Add a few drops to ice cream or chocolate ganache for a mint flavour
- Mix with rubbing alcohol and spray around garden for a nontoxic insect repellent

## Diffuser Blend - Stress No More

3 drops Peppermint  
3 drops Wild Orange  
2 drops Clary Sage

For more diffuser blends, see *Diffuser Blend Recipes* Booklet from *Essential Oil Supplies*

[https://www.essentialoilsupplies.co.uk/?s=diffuser+blend+booklet&post\\_type=product&tags=1&ixwps=1](https://www.essentialoilsupplies.co.uk/?s=diffuser+blend+booklet&post_type=product&tags=1&ixwps=1)