



PEPPERMINT OIL

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A Letter from the Owner ...

And Thank You!

Thank you so much for your purchase! Please read through this short PDF, because it will help you get incredible results from using this product – plus you will learn our exact recommendation for the best way to use your Peppermint Oil !

You might wonder ...

Why Essential Oil Labs?

In 2014, inspired by the idea of a line of 100% pure and natural essential oils that are sourced from sustainably harvested areas benefiting local communities.

Our desire was to make the essential oil buying experience an incredible one ... and that's why I wrote this guide. In this PDF, you will learn how to best use this product, its amazing benefits, with some incredible uses for the entire family... so that you will LOVE the experience of using it every day!

Connect With Us

We love to connect with fans of EOLs. We would love it if you would join our special VIP Club to stay connected:

<http://essentialoilabs.com/VIP/>

If I can be of service, do not hesitate to contact me personally. I personally reply to all emails and I love to hear from our customers.

Regards,

Quinton Jeffries,
Co-Founder, Essential Oil Labs

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Chapter 1:

Introduction to Peppermint Essential Oil

Essential oils are helping people break free from chemical store-bought products and helping them use fewer over-the-counter and, in some cases, prescription medications. The natural compounds found in essential oils, like peppermint oil, make them beneficial for your mind as well as your body. Peppermint oil, in particular, can offer you a number of helpful benefits from topical use to internal use as well as aromatic use. It's incredibly versatile and offers a pleasant and cooling sensation and aroma as soon as you open the bottle.

Extracted from mint leaves, peppermint oil is one of the most popular essential oils because of how it can be used for medicinal purposes, cleaning purposes, and even culinary purposes. It's been used for centuries across many different cultures which is proof enough to its usefulness.

Now that you have your own Essential Oil Labs peppermint oil you can use it in your daily life and begin taking advantage of all of its benefits which will be outlined in this book for your convenience. You'll also be able to use peppermint oil along with other essential oils or natural ingredients and make your own tonics, salves, and other great home remedies and beauty products. This book aims to teach you about peppermint oil and show you what it can do for you on a daily basis. Once you realize just how useful this essential oil is, you'll never want to stop using it.

About Peppermint Oil

Peppermint is a member of the mint family and is actually a hybrid species that was made from spearmint and watermint. The essential oil is made by taking the stem, flowers, and leaves of the plant and steam distilling them to extract the oil. The main components of the oil are about 45 percent menthol and 30 percent menthone giving it its signature smell and cooling effect. Quality peppermint oil like EOL's will have a typical minty.

To be specific, peppermint oil is quite complex in its makeup and can be different from one oil to the next. On average, there are over 100 components that make up the oil. Besides the menthone and menthol that were mentioned previously, the oil will also contain up to 10 percent menthyl acetate. There are beneficial terpenoids in the oil that give it its beneficial properties that can biologically affect you. The oil is rounded off with bitter substances including tannins, flavonoids, and caffeic acid.

It's best known for its digestive benefits, especially its anti-nausea properties and its general soothing effects on the gastrointestinal system. The strong aroma of the oil and the plant, in general, are also great for your respiratory system as well as for muscle and joint health. It's strong and can cause tingling if you have sensitive skin and should never be near your eyes for the same reason.

History of Peppermint Oil

The usefulness and beneficial properties of peppermint oil have been documented as far back as 1,000 BC in ancient Egypt. It's also been mentioned in old European texts, ancient Chinese and Japanese folk medicine literature, ancient Greek literature, and the Christian Bible.

It was mostly used for medicinal purposes in ancient societies although Greek mythology gives the herb and its oil some cheeky history.

For example, the god of the underworld, Hades, was in love with Menthe, a water nymph. When his wife Persephone found out about this she went to take revenge on Menthe, but before she could, Hades turned Menthe into a plant for protection. Persephone stepped on the plant out of anger but the myth says that as soon as she smelled the aroma of the squashed leaves her anger was sated and she calmed down (although there are other variations of this myth).

Medicinally, the ancient Egyptian text, Eber's Papyrus, list peppermint as a known calming agent for stomach pains. It was considered so useful that the Egyptians also used it as a form of currency. Roman texts show that peppermint was used to stimulate appetites in a greedy way and because of that should be made into a crown to stimulate the mind, too. In 1240 AD, the herb was included in the Icelandic Pharmacopoeias in a section on herbal remedies. It picked up traction from there and began to be used as a tooth polisher by Monks in the Middle Ages. During the same time period, people also realized the smell of the herb helped keep rats and mice away from their storerooms and could also be used in cooking as a flavoring agent.

In 1721, the London Pharmacopoeia listed the herb as a widely used remedy for sores, disease, headaches, and colds. As its usefulness became more apparent, cultivation of the plant grew across Europe and traveled with the settlers to America where there was a different species of mint already present. The settlers in America introduced peppermint to the land and naturalized it there.

Outside of mythology, peppermint is said to have originated in the Mediterranean as well as Northern Africa which is why it was so prominent in ancient civilizations in this area. It is a hybrid plant that has more of a peppery aroma that allows it to be distinguished from other mint varieties.

Dosage and Interaction

Clinically speaking, peppermint oil can be used as a carminative from 0.1 mL to 0.24mL. A normal dosage for IBS treatment is 1,200mg placed in an enteric tablet. For barium suspensions, 40mL of the oil is added for its effect.

When using the essential oil on your own, it should be used in the recommended amounts according to what you're using it for. For example, if using it in a diffuser, follow the diffuser's instructions. Similarly, if using it in a recipe, follow the measurements on the recipe. As with most essential oils, a little bit of peppermint oil can go a long way.

As beneficial as the oil is, it can also interact with certain conditions or medications in adverse ways. If you have gastroesophageal reflux or active ulcers, the oil shouldn't be used because it can lower your esophageal sphincter pressure and cause problems. You should also avoid using the oil if you take certain prescription drugs as it can influence the way the medication is metabolized in your body.

The following medications/supplements can be affected by peppermint oil:

- Felodipine
- Simvastatin
- Caffeine
- Cyclosporine

It shouldn't be used on the face or around the nose of young children or infants. Enteric-coated capsules shouldn't be used in children under 8-years-old either. Pregnant women should avoid it because it can cause bleeding and nursing mothers can experience a decrease in milk supply from peppermint and should stay away from it if planning to continue nursing.

If you have sensitive skin, peppermint oil can cause allergic reactions on the skin, too. It may also cause headaches and flushing if you have an unknown allergy to mint. In general, the oil is safe in healthy adults and children when used properly.

Some general side effects usually from improper usage can be:

- Heartburn
- Headaches
- Diarrhea

As long as you stick to all proper dosage amounts when using your peppermint oil, you should have no adverse effects or issues. If you're concerned about other medications

or supplements you're taking interacting with your peppermint oil, be sure to speak to your doctor. You can also speak to an herbalist or an aroma therapist who might be able to help you.

Peppermint Oil Studies and Research

Since peppermint oil has been well-documented as a medicinal herb in ancient medical texts and folklore, scientists decided that it was worth testing to see if the oil really was useful for the things that the ancient texts claimed. The research has shown that the oil is indeed beneficial for a lot of different health purposes.

A study was on the oil's effect on irritable bowel syndrome. There was a study done on 175 participants that showed the oil in enteric-coated capsules has a mild effect on IBS symptoms including distention, gas, and pain when compared to a placebo. While the benefits were found to be modest they were statistically substantial with 79 percent of treated participants experiencing positive benefits. A similar study was done on children with IBS and similar results were found. This was especially interesting because IBS in children is quite hard to treat due to the sensitive nature of children's biological systems. The peppermint oil proved to be mild enough to cause no adverse side effects while still providing the young participants with pain relief. It should be noted that the pediatric trial test was done with children above the age of 8 since the oil isn't recommended for use on children under that age.

A similar study using enteric-coated peppermint oil capsules showed that it helped decrease symptoms associated with non-ulcer dyspepsia. This included gastrointestinal spasms, fullness, and bloating. This is believed to be thanks to the oil's ability to relax the lower esophageal sphincter.

Another study showed that the relaxing properties in the oil could help spastic colons when used in enemas during rectal procedures like colonoscopies that can cause patients to spasm. This is useful since these simple procedures can be made more complicated by involuntary spasms. There was also a study done in 2012 to test the oil's aromatic effect on reducing nausea and vomiting that can occur from anesthesia. It proved to reduce both more so than standard medications used for the same reason when tested on 35 women after they had caesarean sections.

There were also studies done to show the effectiveness of the oil on headaches. Two trials were done by applying the oil topically in order to reduce the symptoms of tension headaches. When compared to the placebo, there was a notable analgesic effect in the participants who were administered the peppermint oil. Tests have also proven

the oil's ability to improve the body's resistance to antibiotics.

All in all, there are over 300 studies that have been done on peppermint oil as well as over 2,000 done on the oil's main component, menthol. Most found that rubbing the oil on the abdomen or taking a drop or two internally can help calm indigestion. With the scientific evidence to back up claims that date back thousands of years, peppermint oil can now be looked at as a credible and measurable remedy for various digestive issues as well as headache relief.



Chapter 2:

Benefits of Peppermint Essential Oil

Peppermint oil's chemical makeup makes it beneficial for a lot of different things which have been documented across time and cultures. From cooking, to medicine, and even pest control, the essential oil can be used in your daily life and replace a lot of store-bought items. Findings, like the ones discussed in the previous chapter, show that the oil has beneficial antifungal, antimicrobial, antiviral, antioxidant, anti-edema, analgesic, and radioprotective properties. Here, are some of the main benefits of peppermint oil that you can take advantage of now that you're the proud owner of this versatile essential oil.

Digestive System Benefits

The most well-known benefit of peppermint oil has to do with its overall effect on the digestive system. It has been proven to successfully treat irritable bowel syndrome and the symptoms associated with it. It can also be used to treat general bloating and indigestion when taken in the place of over-the-counter medications in a liquid suspension (drinking one drop of the oil in water). It will also reduce abdominal discomfort caused by gas or bloat.

The oil can also help with nausea and vomiting as studies have proven. This has been especially beneficial in people undergoing chemotherapy as the peppermint oil won't have any adverse effects on the body as it treats nausea that accompanies the medical treatment. It can be used orally, topically, and aromatically to help with nausea.

Interestingly enough, peppermint oil can also be used to reduce hunger cravings in people. It has been proven that inhaling the oil can help keep you from snacking between meals and help you feel satisfied for longer periods of time after eating. You can diffuse the oil around you when you're eating or after you eat or you can apply the oil topically to your temples or chest to help with hunger and fullness.

Peppermint oil can also help relieve colic symptoms naturally in infants while also soothing colon and intestinal spasms. The oil can also help digestive issues by blocking calcium channels in the gut which can be the cause of spasms and similar digestive issues. The main benefit when it comes to digestive issues and peppermint oil is that the oil won't cause any side effects like a lot of OTC and prescription medications tend to do.

Oral Health Benefits

Since peppermint is widely used in toothpaste, mouthwashes, and even to flavor dental floss, the fact that it has oral health benefits probably isn't a huge surprise. It has been used for thousands of years to freshen breath. Due to the antimicrobial and antibacterial properties in the oil, it can also help reduce the chances of you getting cavities.

The analgesic properties of the oil also help with oral pain. This is especially beneficial in teething children. The oil can be used as a natural teething remedy by diluting the peppermint oil in a benign oil like coconut oil and rubbing the hardening gums of the infant with the mix. It will stop the pain without introducing unnatural chemicals (like numbing agents) into the infant's system. This can also be helpful for adults dealing with dental issues like impacted teeth or similar issues.

It can be used on its own as a breath freshener or you can have some fun and make your own toothpaste and rinses with peppermint oil.

Tension and Pain Relief

Due to the analgesic properties of peppermint oil, it can be beneficial for pain and tension relief throughout the body. It can be effective for dealing with hurt or sore muscles

including back pain when applied topically. It is considered strong enough in this area to even deal with chronic pain from things like myofascial pain syndrome and fibromyalgia. This is believed to be because of the menthol in the oil. The oil also proved to help with muscle pain relief when it was added to bath water and when used aromatically. Similarly, peppermint oil can be used alongside lavender oil to help joint pain that can occur from various autoimmune diseases or from injury.

Peppermint oil can also be used to successfully treat tension headaches. The analgesic properties of the oil, as well as its ability to improve blood circulation, can help people who deal with strong headaches on a regular basis. If your headaches are caused by stress or by muscle constriction, the oil can help with those underlying problems, too which can help keep the headaches from coming back too often. This benefit has been tested at the Neurological Clinic at the University of Kiel, Germany where it was found that migraines, as well as tension headaches, were significantly affected by the peppermint oil which proved to reduce the participants' sensitivities to getting headaches. In that test the oil was applied topically to the temples as well as the forehead.

Respiratory Benefits

Peppermint oil can also be used to relieve breathing problems. Due to its chemical makeup the oil can help open your airways so you can breathe easier. It can help unclog stuffed sinuses and also provide cough relief simply by inhaling the vapors. You can also be used as an expectorant and help you clear out mucus which can help you get over colds faster.

It is considered strong enough to help with breathing issues that accompany serious problems like bronchitis and asthma. More so, tuberculosis-related inflammation can also be reduced by using peppermint oil aromatically. Researchers also believe that it can be used in people with tuberculosis to prevent the disease from worsening and can decrease the number of flare-ups.

The essential oil can also provide allergy relief for those with seasonal allergies. It can relax your nasal passage muscles to reduce sneezing and congestion and can also be used to remove things like pollen from the air in your home.

You can create vapor rubs by mixing it with coconut oil and rubbing it on your chest or you can simply diffuse the oil in your room and breathe in the vapors that way.

Mental and Emotional Benefits

While the physical benefits of the oil are numerous, the effect that peppermint oil can have on your emotions and mental health shouldn't be overlooked. Smelling the oil can prove to have rejuvenating and uplifting effects on your heart and mind. It can help you overcome stress, sadness, and fear while reinforcing good feelings like joy and excitement. This can double up with the oil's digestive benefits and help lower your risk of stress-related ulcers and similar nervous stomach issues.

The oil can also provide you with energy simply by inhaling it. If you rely on caffeine in the form of energy drinks or coffee to make it through a day, peppermint oil can help you break the hold caffeine has on you. It is so powerful in this aspect that it can even improve concentration as well as focus in people with chronic fatigue syndrome. Researchers believe that this essential oil can have effects that are similar to psychostimulants used to treat fatigue and similar problems.

Peppermint oil can also be beneficial for those with ADHD for similar reasons. Since it can help concentration levels, those with ADHD can use the oil to help them focus on tasks at hand when they feel overwhelmed and distracted. It can help manage other nervous disorders due to its mental and emotional benefits, too.

If you're feeling under the weather mentally or emotionally, try diffusing peppermint oil in your room and breathing in the vapors. It should help you manage your feelings better and eliminate pessimism and stress while providing you with mental clarity.

Hair and Skin Benefits

Beauty products can be expensive and can end up causing more damage than they can help. Peppermint oil can be used as a natural beauty product on its own or you can have some creative fun and make different hair and skin products at home and use them instead of store bought ones.

By adding peppermint oil to your hair care routine you can benefit from the antiseptic properties of the oil which can help clear up dandruff and other build-up on your scalp. It is even powerful enough to combat lice. You can add it to your own shampoo or play around with some recipes for hair care products. It can also be used to stimulate the scalp and promote hair growth. If you suffer from thinning hair or have damaged hair due to over-processing, you can use peppermint oil to strengthen your hair and combat breakage and hair loss/thinning. This can also help with frizzy hair, too.

It can also do wonders for your skin. It can calm down inflamed skin and battle things like rashes and even poison ivy. It provides an overall cooling sensation as well as itch relief. It can also help heal chapped skin and lips while soothing harsh ailments like psoriasis and eczema. It can also provide relief from sunburn by hydrating your skin and relieving pain and any swelling associated with the sun damage.

Similarly, it can be used to cleanse your face and treat acne due to the antimicrobial properties of the oil. You can use it alone on your face or make your own skincare products using the oil and other natural ingredients. It also helps with oil secretion which can help you avoid breakouts.

Other Health Benefits

Some of the other positive health effects are that peppermint oil can relieve polycystic ovarian syndrome in women, can balance hormones in the body, and help reduce fevers naturally. This essential oil can also help treat hot flashes in cancer patients and is even said to be able to inhibit the growth of prostate cancer. Similarly, it can also protect your body from DNA damage and cell death that is related to radiation.

Peppermint oil can also prove to be beneficial for drug-resistant viruses including the herpes simplex virus when it is applied topically. The oil is lipophilic in nature and can pass easily through the skin in order to soothe outbreaks and to fight against recurrent herpes outbreaks. Similarly, it can help with shingles reducing the pain and discomfort that goes along with it.

Non medicinal Benefits

While the health benefits of peppermint oil are quite amazing, it can also be used around your home for other uses. This oil makes an excellent bug repellent and pest control substance. Trying to keep your home critter and bug-free can be a costly undertaking with exterminators charging high prices. It can also force you to use harmful chemicals in your home around your children and pets. Peppermint oil can be used as a cheaper, benign repellent that you can use freely without worry. Ants, ticks, mice, lice, spiders, flies/mosquitoes, and roaches all hate peppermint oil and will stay away from your home if you use the oil as a natural repellent.

An Israeli study actually found that a homemade repellent that used peppermint oil worked as well as one of the top DEET bug repellents on the market proving that it is just as beneficial as the harmful, expensive product. The study also found that the pepper-

mint oil lasts longer and can be used in smaller doses when compared to store bought bug sprays. You can apply the peppermint oil topically or you can spray it around your home to keep pests away. Diffusing the oil can also help keep pests away.

To help you take advantage of all of the benefits outlined here, you can try the recipes at the end of the book and see for yourself what peppermint oil can do for you.



Chapter 3:

How to Use Peppermint Essential Oil

As you can see from the various benefits of peppermint oil, it can be used in different ways to combat different things. You can use your oil on its own, mix it with other essential oils, or follow some recipes in this book and make great home remedies and products that you can even use as inexpensive and personal gifts for your friends and family.

How you personally use your peppermint oil all depends on what you'll be using your oil for and how you wish to combat the problem at hand. For example, if you're looking to combat a skin issue you can apply peppermint oil topically. If you're looking for mental and emotional support you would choose to diffuse the oil. Finally, if you're looking for digestive help you might choose to ingest the oil in water or as tea. Read through the various applications for the oil and figure out which one will work best for you in each situation.

How it Works

Like all essential oils, peppermint oil gets its beneficial properties from its chemical makeup. The various terpenoids and flavonoids in the oil work with your body and travel through the bloodstream to clear up abnormalities, toxins, and other patho-

gens that could be causing your harm. The oil also has the ability to travel through the blood-brain barrier and heal your body on a cellular level. Due to the makeup of the oil, it can seep into your bloodstream no matter the application. The vapors have all of the beneficial compounds which can enter your system when you inhale it. It can also seep into the skin and into your blood. The oil can also be ingested safely where it can enter your system directly. If you're unsure on how to best use your oil for your individual needs you can consult an aromatherapist or an herbalist for help. Since peppermint oil is so widely used and trusted a medical doctor might even be able to help you better understand how to use your oil.

Oral Application

There continues to be a debate on whether or not essential oils should be ingested. Some people will tell you that oils in any form should not be ingested no matter how mild they are. Others say that certain essential oils can be ingested when properly administered. The truth lies somewhere in the middle in most cases, but the general consensus on peppermint oil is that it is quite safe to ingest. It is used in cooking frequently and is used to make tea and flavored drinks.

You can safely add one or two drops of peppermint oil to water (hot or cold) and drink it for digestive help as well as for a breath freshener. You can also use enteric-coated capsules of peppermint oil and take those to combat certain problems. Similarly, the oil is beneficial for oral health and can be used safely in toothpaste and mouthwashes. When you're using any essential oil orally you should always make sure that it is the highest quality oil like Essential Oil Labs formulas. Low-quality oils can have impurities and additional ingredients in them that can harm your body and take away the beneficial properties of the peppermint oil. The only ingredient in your oil should be peppermint. If there is anything else in your oil it isn't a pure essential oil and should not be ingested. On that note, you should never substitute synthetic oil or fragrance oil for an essential oil in a recipe. Synthetic oils have chemicals and other ingredients in them that can harm you instead of helping you. Be aware of what you're using. This peppermint oil is a high-quality oil that is safe to use as directed.

Topical Application

When a recipe or application calls for topical application it refers to applying the oil onto your skin as a massage or to seep into the skin to battle an internal issue. It can also be applied directly to a scrape, rash, or to acne to soothe it. You can use peppermint oil for its antibacterial properties and apply it to your skin to clean superficial scrapes and

cuts, for example. You can also massage it into your abdominal area to battle digestive issues or to soothe sore muscles. If making homemade remedies using your peppermint oil you can apply it to your skin following the directions of each recipe. When using any essential oil topically, you can also follow a reflexology chart and apply the peppermint oil to your feet in order to elicit certain responses inside the body.

A little bit of peppermint oil can go a long way and it is quite potent. For this reason, it is always advised for you to use essential oils diluted in carrier oils especially on children and the elderly who should never use essential oils in their pure state. This won't affect the beneficial properties, it'll just allow it to seep into your system without causing any irritation or sensitivities. Using an essential oil with a carrier oil can also help your essential oil last longer since you can use less of it by pairing it with a base.

Carrier oils are benign oils that offer little benefits other than better absorption and hydration. Jojoba oil, sweet almond oil, avocado oil, and olive oil are examples of carrier oils. Coconut oil and fractionated coconut oil are also great carrier oils and are typical ingredients in a lot of homemade remedy recipes. Usually, the proper dilution for an essential oil is three drops of carrier oil for every one drop of essential oil. If you have normally sensitive skin you might want to increase the dilution to avoid problems. All of this being said, peppermint oil is quite safe and mild and can be used neat if you know that you have tougher skin that can handle it.

To see if you can handle the peppermint oil, do a patch test with diluted peppermint oil. Pick a small patch of skin (preferably a spot that you can cover up if necessary) and rub the diluted peppermint oil in. Monitor the spot for at least two hours (preferably a full 24 hours) and take note of its appearance and your overall feelings. If you notice irritation or feel itchy, you're having a reaction to the oil and should stop using it. Also be sure to be aware of a fever, swelling, and similar internal reactions along with contact irritation like rashes, hives, or redness. If after the allotted time you see that you are having no adverse reaction to the oil you can continue using it. If you want to see if you can handle peppermint oil neat, do another patch test undiluted (although dilution is always the best method for topical application).

Topical application can also refer to using the oil in a cold compress or by infusing your bath water or a foot basin with a few drops of the oil and soaking your body in the water. Any of these topical application methods can be used successfully with peppermint oil.

Inhalation/Aromatherapy

Aromatherapy is when you breathe in the vapors of an oil in order to benefit from their properties. Some find this hard to believe but if you can believe that harmful chemicals like noxious-smelling bleach and ammonia can have negative effects on your health it shouldn't be hard to believe that beneficial aromas can have beneficial effects on your body. In addition to inhaling the beneficial properties, you'll also be benefiting from the sweet, minty smell of the peppermint oil. The compounds in the oil can enter your body when you inhale them and will pass into your bloodstream where they will affect your body in various ways to help you stay healthy.

Inhaling peppermint oil can help your respiratory system, lend mental and emotional support, and help you deal with pain. It can also help you with feelings of nausea and clear up congestion. Peppermint oil vapors can also help you focus on a specific task and drive off fatigue. The oil is able to affect your emotions because the olfactory bulb and the limbic system are what manage your emotions/thoughts/memories while also being the systems that process aromas.

You can inhale your peppermint oil by diffusing it in a diffuser. You can also add a few drops to boiling water and diffuse it into the air that way. The oil can also be added to humidifiers for the same effect. Rubbing the oil into your palms and breathing in as well as inhaling the oil from the open bottle can also be temporarily beneficial as can sprinkling a handkerchief with oil and breathing it in that way. Another method is creating a steam tent. To do this, take a bowl or pot of steaming water and add a few drops of peppermint oil to it. Position your head over the bowl or pot and cover your head and the bowl with a towel. As the oil-infused steam rises in this tent, breathe in deeply to inhale the vapors. You may also choose to make a solution using water and peppermint oil and spray it into a fan or ventilation system or simply spray it around the room.

Other Uses

You can use your peppermint oil around your home, too. You can use it as a room deodorizer by spraying it around. You can also use it to repel insects and rodents by placing cotton balls soaked in the oil strategically around your home or by spraying the oil around doors and windows to keep bugs and critters out. Since the oil has antibacterial properties, you can also use it as a fragrant disinfectant. You can also use the oil in cooking and when making drinks.

Uses with Complementary Oils

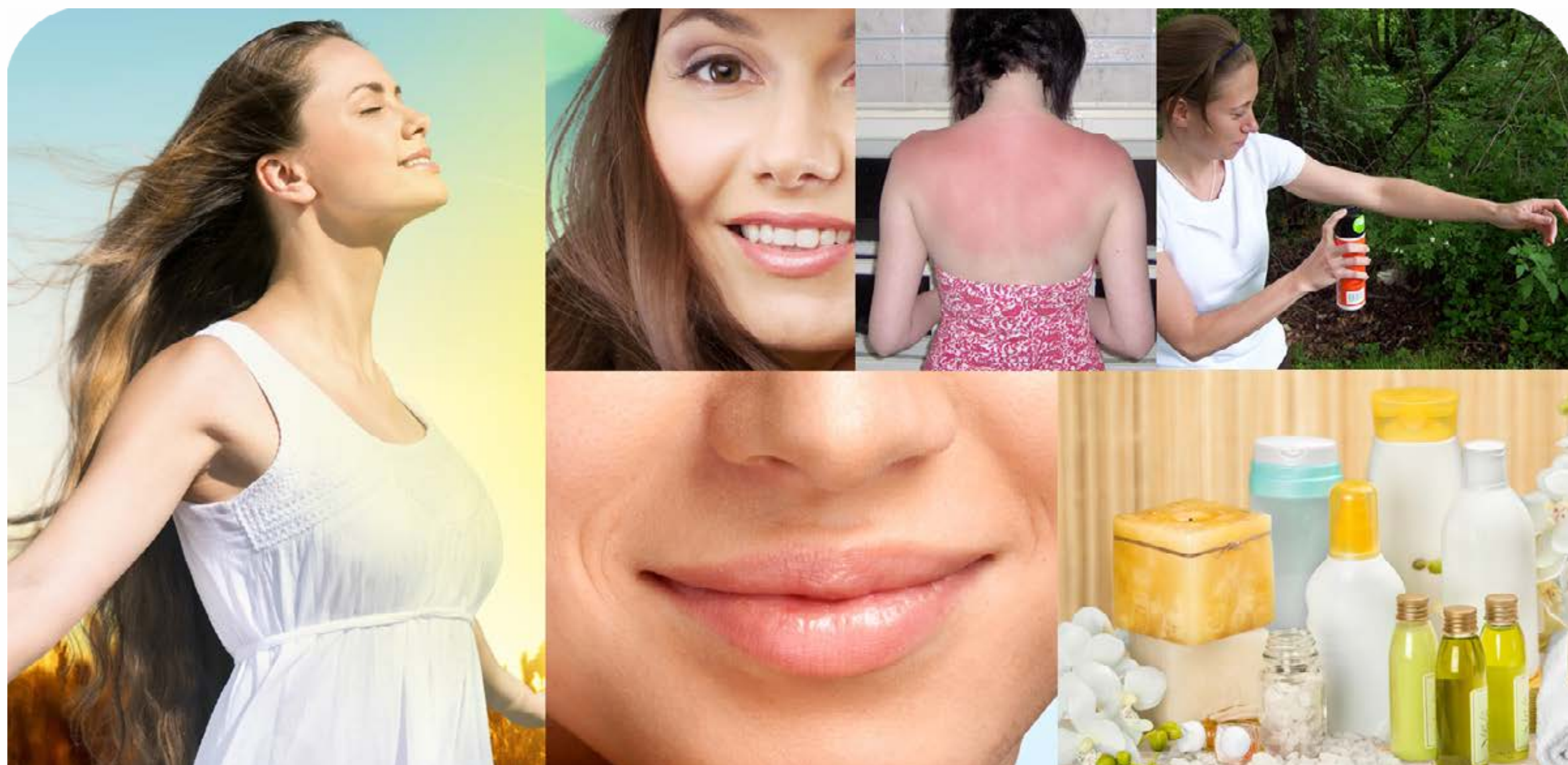
Peppermint works very well on its own but also pairs well with other essential oils. You can use it with wild orange, spearmint, and wintergreen. It is also beneficial when mixed with lemon oil, lavender oil, and eucalyptus oil. You can also blend it with basil oil, tea tree oil, black pepper oil, pine oil, rosemary oil, cypress oil, ravensara, geranium oil, niaouli oil, grapefruit oil, marjoram oil, and juniper oil.

Precautions

Peppermint oil is quite safe to use as long as you use it as directed. Always follow instructions on things like diffusers or humidifiers and always defer to your individual oil's directions. If using a recipe, follow all measurements and directions to avoid any unwanted issues.

The essential oil can be strong and cause reactions in sensitive people. It should also be avoided during pregnancy, in people with epilepsy, and by nursing mothers. Those on medications listed earlier in the book should also avoid the oil. Children and the elderly can safely use this oil when heavily diluted and under proper supervision. That being said, spot tests should always be done and the oil should always be diluted in these instances.

As with other essential oils, peppermint oil should be kept out of your eyes and nostrils. It should also be kept away from your ears and mucous membranes as it can be too powerful and cause irritation. If you're concerned about using your peppermint oil, remember that you can contact an herbalist or aromatherapist for advice.



Chapter 4:

Peppermint Essential Oil Recipes

Now that you know everything peppermint oil can do for you, you can take the time and explore its uses on your own. Figure out how you want to use it and experiment with your new oil in order to see how to best benefit from all of its properties. Here, you'll find some great ideas for using the oil on its own, making simple oil blends, and for making more complex remedies like tonics, salves, cleansers, and other homemade products. You'll soon find that by making your own remedies using essential oils that you can save money on store bought products and start eliminating harmful ingredients from your home.

Tips for Mixing Oil and Making Bulk Products

You'll notice that some recipes in this chapter are for single-use applications, but others are for larger amounts that will need to be premixed and stored away for multiple uses. These bulk batches are best made when you keep certain tips in mind.

You'll sometimes be asked to mix recipes in their storage containers (jars, spray bottles, roller bottles, etc.). The directions will tell you to add a carrier oil first and then your essential oils. This is fine to do, but sometimes people over-pour their carrier oils or use an undersized container only to see that there isn't enough room to add their other ingredients, namely the beneficial essential oils. To avoid having to empty your con-

tainer and start over, it is recommended that you only pour in half of your carrier oil followed by your essential oils and topped with the remaining carrier oil. For example, if your recipe calls for one ounce of carrier oil, pour in a half-ounce then add your essential oils and then the remaining half-ounce of carrier oil. This will ensure that you have plenty of room for your essential oils. Also, make sure to leave about an inch of space between the top of your solution and the opening of your bottle/jar/etc. This space will allow the oil mixture to breathe instead of turning stale too soon.

You should also take care when mixing your oils together. Some recipes will ask you to shake the bottle to incorporate the ingredients or you'll be asked to stir together ingredients in a bowl or pot. When doing any of this, always be gentle yet thorough. If you shake too vigorously or stir too aggressively you can damage the oils by breaking down the chemical compounds in them. For similar reasons, you should also keep your oils and oil blends away from heat sources and sunlight which can break down your oils faster. Always keep your blends and oils in a cool, dark place.

Also, when choosing your storage containers always opt for amber-colored glass bottles or jars. These can be found in craft stores or online easily (even spray bottles or other specific bottle shapes). The darker color will inhibit light from penetrating the oil and the glass won't leech chemicals into your oil like plastic can. If you must use plastic use BPA-free plastic. Similarly, when you're asked to use a pot or pan to make a recipe, use ceramic or glass cookware, not metal. Also, opt for wooden spoons or plastic spatulas over metal.

Using the Oil on Its Own

Peppermint oil can successfully be used on its own through any of the aforementioned application methods. Use it topically, aromatically, or ingest it properly. Remember, you can use it in cooking, too!

Some popular uses for the oil on its own are:

- Apply topically to abdomen for digestive aid
- Add a drop to a store-bought chocolate shake
- Add a drop to water for a refreshing drink
- Rub oil in hands and inhale to suppress your appetite

- Rub a drop or two on your temples for mental clarity or to relieve a headache
- Diffuse it alone in a diffuser or pot of boiling water

These are just a few examples of using the oil on its own.

Simple Mixes

For additional benefits, you can pair your peppermint oil with other essential oils. You can make aromatic blends, topical blends, and edible blends. These can be single-use applications or you can increase the recipe to make bulk products (remember to always keep your ratios the same so the dilution is maintained).

For a refreshing drink or even a mouth rinse, add one drop of peppermint oil and one drop of lemon oil to cold water. You can safely drink this for internal benefits as well as for its great flavor or you can rinse your mouth with this to freshen your breath.

To keep flies away you can sprinkle a handful of dried cloves with peppermint oil and place them near your front and back doors or anywhere else flies linger. The smell of this mixture will keep them away from the area. You'll have to add the oil to the cloves regularly.

Stabilize a fever by mixing one or two drops of peppermint oil with a small amount of coconut oil and rub it into the back of the neck or on the bottom of your feet. This can be used in place of aspirin, especially in children.

Mix peppermint oil with coconut oil and eucalyptus oil (1 drop of each essential oil, 6 drops melted coconut oil) to create a homemade vapor rub to ease respiratory problems.

Combine 10mL of a carrier oil of your choosing with 3 drops peppermint oil and 3 drops of one of the following essential oils and rub it on your stomach or inhale the mix for digestive help:

- Thyme oil
- Rose oil
- Cardamom oil

- Clove oil
- Tea tree oil
- Oregano oil
- Tarragon oil
- Ginger oil
- Caraway oil
- Coriander oil
- Fennel oil
- Anise oil

You can also improve digestive problems by adding a drop of peppermint oil into a teaspoon of honey and mixing that into hot water. You can also change out the honey for an edible carrier oil and pour the mixture into a capsule to take orally.

Another simple mix is mixing several drops of peppermint oil to a spray bottle full of water. Spray the mixture for a cooling effect on your skin or spray it around the room for aromatic use.

You can also create blends to use in a diffuser. Here are a few favorites that you might like:

- For alertness and focus: 2 drops mandarin oil, 2 drops peppermint oil
- Seasonal respiratory support (summer and spring): 2 drops lavender oil, 2 drops lemon oil, 2 drops peppermint oil
- Seasonal respiratory support (winter): 1 drop lemon oil, 1 drop eucalyptus, 2 drops peppermint oil, 1 drop rosemary oil
- For nausea: 3 drops peppermint oil, 2 drops ginger oil
(can be used topically with 1mL carrier oil)

These are just a few simple mixes that you can use for your own benefit but the possibilities are endless when it comes to essential oil blends. The remaining recipes in the book are great home remedies that you can use for specific purposes. Please remember to follow all instructions and measurements. Also, keep the aforementioned mixing tips in mind as well as the storage tips in order to benefit wholly from these recipes.

Soothing Chest Rub

Store-bought menthol rubs are readily available but they can cost too much money and are full of other harmful chemicals that aren't safe for a lot of people (especially babies and young children). Instead of spending the money to buy chemical products that can end up doing more harm than good, take the time to make your own. When you're dealing with congestion, you'll be happy to have this useful homemade rub on hand. Besides the listed ingredients, you'll need a double boiler (you can also make your own using a glass container and a saucepan of water) and an amber-colored glass container with a tight-fitting lid.

Ingredients:

- ¼ oz beeswax
- 2 oz coconut oil (can substitute olive oil if you prefer)
- 10 drops eucalyptus oil
- 10 drops peppermint oil
- 10 drops wintergreen or white fir oil

Directions:

Melt the beeswax with the coconut oil or olive oil in your double boiler. Once melted, remove it from the heat and allow it to cool slightly (it should still remain liquid). Once it cools a bit, add in your essential oils and stir the mixture to disperse the oils into the thicker ingredients. Transfer the mixture to your container and store it in a cool, dry place. To treat congestions and respiratory problems, apply the rub to the chest, back, or bottoms of the feet (cover with clean, dry socks) in the same way you would commercial rubs.

Tick and Flea Spray for Pets

Humans aren't the only ones on the planet that can benefit from peppermint and other essential oils. Your pets can, too! Peppermint oil is one of the essential oils that is gentle enough to be used on and around your pets. Besides the ingredients, you'll need an amber-colored glass spray bottle (these can be found online or through beauty salon suppliers). If you can only find clear glass spray bottles, it's ok you'll just have to store the bottle better.

Ingredients:

- 8 oz distilled water
- 7 drops peppermint oil
- 7 drops rosemary oil
- 7 drops eucalyptus oil
- 7 drops tea tree oil
- 7 drops citronella oil

Directions:

Fill the spray bottle with the distilled water and add in the essential oils. Close the bottle tightly and shake it thoroughly yet gently to mix the contents. When not in use, store this in a cool, dark place (in a bathroom cabinet, preferably). To repel fleas and ticks, shake the bottle and spray the solution onto your dog's coat once every two days. For cats, do NOT spray the solution directly on them. Instead, dip a comb into the solution and brush their fur with it in order to get rid of fleas. You can also spray this mixture on your carpets and furniture.

Peppermint Lice Shampoo

One of the worst fears of a parent is their child getting lice in school. They are harmful and can be quite difficult to get rid of. There are a lot of home remedies for lice but this one, in particular, works great because it soothes the scalp while treating the infestation.

Ingredients:

- 2 oz olive oil
- 20 drops peppermint oil

Directions:

In a bowl, mix together the ingredients thoroughly (remember, don't use metal utensils to stir essential oils). Dip cotton balls into the solution and dab the mixture onto the scalp. Leave the mixture on the hair for at least 12 hours before rinsing it out. You can also transfer this mixture into a spray bottle along with 4oz of rubbing alcohol and spray it onto the hair and scalp making sure they're saturated through. Again, leave the mixture on for at least 12 hours before rinsing it out. If there is any mixture left in the bottle, store it in a cool, dark place.

Soothing Skin Salve

If you deal with skin irritations often or are dealing with a one-off rash or burn, use this skin salve to soothe your injured skin.

Ingredients:

- 2 cups carrier oil of your choosing
- 1/4 cup beeswax
- 20 drops Essential Oil Labs peppermint oil
- 15 drops Essential Oil Labs lavender oil

Directions:

Combine carrier oil with beeswax and heat the mixture until the ingredients combine (you can use a stovetop or microwave). While the mixture is still hot, stir in your essential oils. Pour mixture into a jar and allow it to cool. To use it, apply the salve generously to the area in question and allow it to seep into your skin. Don't rinse it off. When not in use, store your container in a cool, dark place.



Thin Mint Protein Smoothie

Remember that your peppermint oil is perfectly safe to use in edible recipes. This delicious recipe is a great meal-replacement smoothie that can also help benefit your health in multiple ways. Other than the ingredients you'll also need a blender.

Ingredients:

- 1 cup coconut milk
- 3-5 drops Essential Oil Labs peppermint oil
- 2-3 tbsp cacao powder
- 1 scoop chocolate whey protein
- 1/2 cup ice

Directions:

In a blender, combine all ingredients. Blend on high until everything is mixed together and thick. This makes one smoothie.

Whitening Mouthwash

To take advantage of the oral health benefits of peppermint oil, try this homemade mouthwash. If you're unfamiliar with Thieves oil, it has a flavor that can be likened to cinnamon. You can adjust the amounts of the oils you use to get more of one flavor than the other. For example, if you prefer minty flavors add more peppermint and vice versa. Use an amber-colored glass jar with a tight-fitting lid for this recipe.

Ingredients:

- 1 tsp baking soda
- 4 drops Thieves essential oil

- 5 drops Essential Oil Labs peppermint oil
- 1 cup water

Directions:

In a jar, add the baking soda and then add your essential oils. Top that with the water. Close the jar tightly and shake it gently but thoroughly to combine the ingredients. Use this as you would any mouthwash. Store it in a cool, dark place until finished.

Peppermint Bath Bomb

Bath bombs are great for creating a soothing and aromatically pleasing bath when you seriously need to relax. The essential oils in this recipe can also benefit your health in internal ways besides working aromatically. The oil-infused water can seep into your skin and make it to your bloodstream for endless benefits. Besides the ingredients, you'll need a spray bottle full of water and a silicone muffin tin/mold.

Note: citric acid can be found in the canning section of grocery stores and is easily available online. Cosmetic mica is optional but can also be found online.

Ingredients:

- 1 cup baking soda
- 1/2 cup citric acid
- 10 drops Essential Oil Labs peppermint oil
- 1/2 tbsp. carrier oil of your choosing
- Water in a spray bottle
- Cosmetic mica powder (optional)

Directions:

Using a medium-sized mixing bowl, mix baking soda and citric acid. In a separate bowl mix the oils together. Add contents of smaller bowl to medium-sized bowl and stir until combined. If using the cosmetic mica powder, stir it in (this is simply to give the bomb color which can be of your choosing).

Next, spray the mixture with the water lightly until the mixture is only slightly damp. Once damp, mix until the powder becomes the consistency of wet sand. You want it to clump together when pressed on. This is important as oversaturating the mix will render it useless. Take your time.

Pack the mixture into the molds (fill each space to the top). Cover this with paper towels and allow them to sit for a few minutes (not much time is needed). Keeping the paper towel in place turn over the molds and tap them lightly to unseat the bath bombs. Cover them with an additional paper towel and let them dry overnight like this. The next morning, pack them into an airtight container or in a Ziploc bag. To use them, throw one bomb into your bath and allow to dissolve.

Chocolate Peppermint Lip Balm

Since peppermint oil is great for treating chapped lips, why not make your own lip balm with it? This great recipe makes about 15 applications worth of balm. You can use a small jar to store your balm or you can save an empty lip balm tube and fill that with your homemade mixture. You can also purchase your own empty tubes online.

Ingredients:

- 5 tbsp coconut oil
- 3 tbsp beeswax
- 12 drops Essential Oil Labs peppermint oil
- 1/4 tsp cocoa powder

Directions:

In a glass measuring cup, melt coconut oil and beeswax together. Once the mixture is clear, stir in the oil and powder. Once combined, carefully pour the mixture into your container. Place them in a cool space like the refrigerator for several hours to the balm can set. When ready to use, use it as you would a store bought lip balm.

Hair Growth Tonic

If you suffer from hair loss or from thinning hair or you simply want help growing your hair thicker and longer, this hair growth tonic can help. You'll also benefit from smooth and shiny hair. Besides the listed ingredients, you'll need a saucepan.

Ingredients:

- 1 tsp vitamin E oil
- 4 tbsp coconut oil
- 1 tsp Essential Oil Labs castor oil
- 1/2 tsp Essential Oil Labs peppermint oil
- 1 tsp Essential Oil Labs tea tree oil

Directions:

In the saucepan over very low heat melt coconut oil. Once liquefied, remove from heat and add in other oils. Stir gently to combine and allow to cool for at least two hours. To use, apply daily to your scalp and allow to seep in without rinsing.

Pest Control Spray

To keep critters and insects out of your home, use this great homemade, chemical-free spray wherever necessary. This is safe to use around children and pets, unlike other repellents. This recipe should be mixed and stored in a glass spray bottle that is around 3oz in size.



Note: vegetable glycerin can readily be found online if you can't find it locally.

Ingredients:

- Water, to fill a bottle
- 1 tbsp vegetable glycerin
- 20 drops Essential Oil Labs peppermint oil

Directions:

Fill spray bottle with water leaving about an inch or two near the top of the bottle. Add in the vegetable glycerin and peppermint oil. Close bottle and shake gently to combine. To use, simply spray solution around doors, windows, and anywhere you think you have a pest problem. You can also soak cotton balls in this solution and stick them around your home where you think critters can possibly get in. When not in use, store bottle in a cool, dark place.

Sunburn Spray

When you get a sunburn, use this great homemade spray to soothe your injured skin. This makes about 10 to 30 applications worth of spray depending on how much you use in each passing. Other than the listed ingredients, you'll need a spray bottle, a saucepan, and a jar with a tight-fitting lid.

Ingredients:

- 1/2 cup aloe vera juice
- 1/8 cup Essential Oil Labs fractionated coconut oil
- 10 drops Essential Oil Labs peppermint oil
- 10 drops Essential Oil Labs lavender oil

Directions:

Add two inches of water to your saucepan and heat over medium flame. Separately, in a glass jar, add coconut oil and aloe vera juice. Place the jar steadily in the pan of water and stir the contents as it liquefies and combines. Once combined, remove jar from heat and add in essential oils. Stir gently to combine again. Pour mixture into spray bottle and store in a cool place like the refrigerator. To use, spray mixture onto injured skin and allow to seep in. Don't rinse off.

These are just a few recipes that you can try at your leisure with your new Essential Oil Labs peppermint oil. Experiment with these or get brave and try your own oil blends or home remedies. Remember, follow all instructions, measurements, and tips in order to get the most out of your mixes. Enjoy your peppermint oil and all of the benefits that come with it.

Celebrity Spotlight

Kristin Cavallari and Peppermint Oil

The star of the hit TV shows Laguna Beach and The Hills, Kristin Cavallari is a big promoter of natural living. Since she's gotten married and started a family, she is even more dedicated to keeping her home chemical-free. She also thinks cooking for her family is important. In order to do both, she turns to essential oils. In an interview about natural living, Cavallari admitted to using cinnamon bark oil, basil oil, and of course peppermint oil on a regular basis. In the interview, she discussed how she puts peppermint oil in her water for a boost in flavor. She also makes peppermint hot chocolate with her peppermint essential oil for her children. A celebrity endorsement is probably not necessary for you since you already know how good peppermint oil is, but knowing that you're in good company when using the oil can be reassuring if you're wondering whether you've been doing the right thing by using essential oils (of course you have!).

You already know the benefits and information about your peppermint oil. Now, with these new recipes, you can continue to enjoy your peppermint essential oil and reap all of its benefits in a different way each day. The only problem you'll have is keeping enough of the oil on hand to make everything you want. Stock up now so you're never without this useful oil.

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