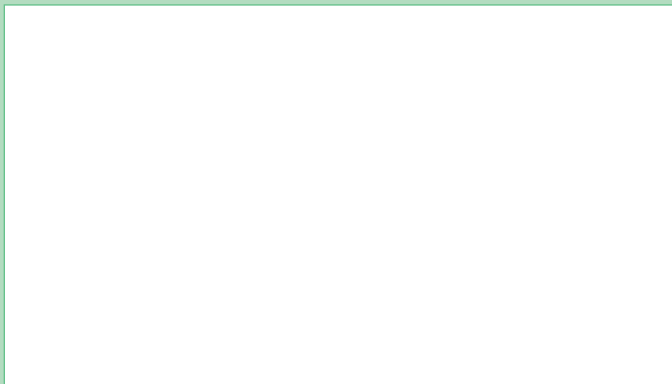


When choosing an essential oil, it is important to find a source that offers **pure, therapeutic-grade** oils. Some essential oils are diluted or cut with a chemical or carrier oil to make them less expensive. Some essential oils have been improperly processed by manufacturers trying to cut corners. Oils such as these may be missing or have the wrong proportion of necessary constituents and may provide less than desirable results when used.

To learn more about pure, therapeutic-grade peppermint and other essential oils, please contact the person who gave you this card, or the person listed below:



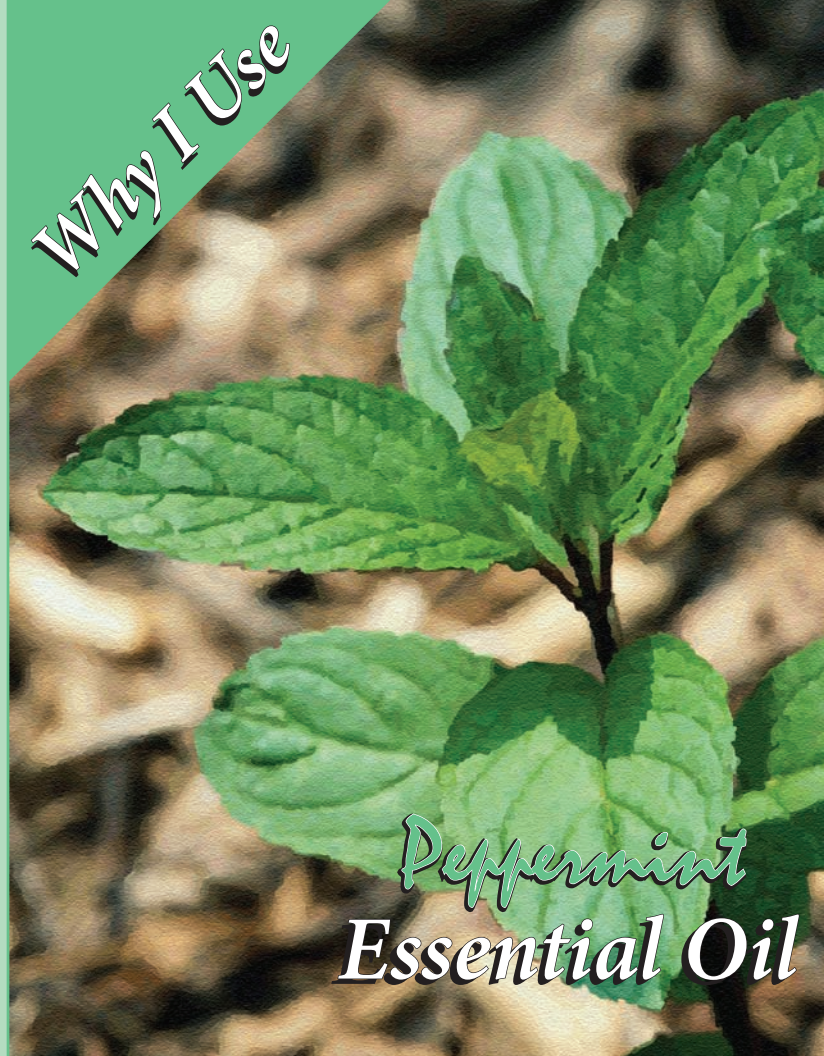
To order more copies of this card, please contact:



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Why I Use

Peppermint
Essential Oil



Why do I use peppermint essential oil?

"Instead of using caffeine I have my peppermint! This is a great energy booster, especially in the afternoon when I sometimes get lethargic. It also helps cool me down during the hot summer months and if I ever have a headache I apply it to my temples and behind my ears and have instant relief."

—**Kirsten Ward**, Massachusetts

"I love this oil. I use it a lot on muscles & sprains for humans and horses. I have also used it in a humidifier when my girls have been sick to help them breathe. It is great to use on your neck & chest to clear a stuffy nose. This oil helps me sleep."

—**Meshawn Owens**, California

"I like the taste. It helps keep me alert on long drives. It settles an upset stomach. It clears my sinuses & helps with headaches."

—**Barbara Anne Mills**, Saskatchewan

"Wow! This oil is awesome. I use it every day. I put it in my drinking water; I inhale when I need a boost, I use it for burns, upset stomach. The list goes on."

—**Cynthia Ebel**, Florida

"It's a great digestive aid, smells good, refreshes me and I feel more alert. I can put it in water or just smell it and feel lifted."

—**Maria**, California

"Peppermint is a great energizer—it helped a colleague and I stay awake during an exhausting acupuncture workshop. It cools hot flashes and it freshens your breath better than any mouthwash I know! In addition, it calms a queasy stomach."

—**Donna Greenberg**, Pennsylvania

"It is a quick pick-me-up and it can really open you up. It is a good relief for headaches."

—**Doris**, Missouri

"I use peppermint to clear my sinus cavities and help ease digestion troubles. It is also a great breath freshener."

—**Connie Jenkins**, Missouri

"I use this when I get headaches. I put 2-3 drops on the base of my neck and it helps with the severity of the headache."

—**Shannon Pettigrew**, Texas

"It does wonders for sore muscles!"

—**Martha Pullen**, New York

"For headaches and sinuses. I teach classes locally and at the technical school. This is my favorite oil to teach with. People are so impressed how quickly it works to relieve a headache or sinus congestion. Mixed with lavender, it also works nicely for pain relief and tension."

—**Barbara Lemke**, Wisconsin

"I like to use peppermint in the bath and shower because it is cool and invigorating."

—**Cathy Poulin**, Maryland

"I have a bottle in my purse at all times. I use it for digestive issues and sometimes for breath freshening, sore muscles and a stuffy nose."

—**Pam Jones**, Arkansas

"For sinus infections and back pain—and my nieces use it for morning sickness."

—**Saralee Deacon**, Arizona

"For inflammation, pain in my shoulder, and my son's sinuses. Also for energy and mental clarity."

—**Tammy Norris**, New Brunswick

"Stimulating, helps focus the mind."

—**Val Z.**, Arizona

What are essential oils?

Essential oils are the volatile, aromatic liquids that can be distilled from plants. Each essential oil is comprised of many different constituents that work together synergistically to give the oil its unique properties. Many essential oils have been used for healing and pleasure for thousands of years.

How to use essential oils:

Massage:

Mix 5-10 drops of essential oil with 1 oz. of a pure vegetable oil and massage on the skin.

Inhalation:

Place 1-3 drops of essential oil on a tissue, cotton ball, or strip of fabric. Hold this close to your face and inhale, or attach it to a ceiling fan or air vent.

Room Spray:

Place 10-15 drops of the essential oil with 1 oz. water in a small spray bottle. Shake well and spray in room as desired.

Bath:

Mix 3-6 drops of essential oil with 1/2 oz. unscented shower gel or 1/4 cup Epsom salts and add to water while filling.