



Product Information and Traditional & Alternative Uses

The proven benefits in using peppermint make it the go-to essential oil for headaches. Its constituents also soothe feelings of nausea help restore a healthy appetite after illness. It is also known to enhance brain functionality, eliminate mid day sluggishness and enable a better level of alertness.

- | | | |
|--------------------------|-----------------------|-----------------------|
| 1 MUSCLE PAIN RELIEF | 5 SINUS CARE | 9 REDUCE NAUSEA |
| 2 REDUCE FEVER | 6 ANTI-ITCH | 10 BALANCE HORMONES |
| 3 RELIEVES HEADACHE | 7 IMMUNE STIMULATE | 11 REDUCES NERVE PAIN |
| 4 HELPS WITH INDIGESTION | 8 REDUCES HOT FLASHES | 12 ALLERGY RELIEF |

Primary Use - Pain Relief & Body Support:

REDUCE FEVER: Add 2 drops to 2 drops of Aeroma vanilla dilute with 4 drops of camelina oil. Apply to the chest. Add a warm compress or heating pad. Repeat throughout the day.

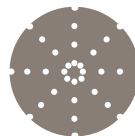
MUSCLE PAIN RELIEF: Add 5 drops each of Aeroma peppermint and lavender with 1 drop each of Aeroma turmeric, ginger and balsam fir. Add 1/8 teaspoon of cayenne powder with 10 drops avocado oil Apply to area of pain.

RELIEVE HEADACHE: Add 2 drops of Aeroma lavender with 2 drops of Aeroma peppermint. Apply to the back of the neck, temples, and the lateral side of the forehead. Add to a difuser and diffuse throughout the day.

ANTI-ITCH : Add 1 drop Aeroma lavender to every 1 drop Aeroma peppermint. Rub on area.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Consult your primary care provider before making any changes to your current dietary regimen. Many essential oils may enhance or decrease the effectiveness of prescription drugs.



Try Me!