



## Product Information and Traditional & Alternative Uses

Spearmint essential oil is regularly used as a substitute for peppermint as it shares similar benefits but delivers them without over-stimulation of the circulatory system, making spearmint ideal for expectant mothers and those with high blood pressure. Children also enjoy its mild taste. It readily assimilates to relax the body and mind and is often used for upset stomach.

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|----------------------------|--------------------|--------------------|
| 1 MEMORY                   | 5 REDUCE ACNE      | 9 HEADACHES        |
| 2 TREATS DANDRUFF AND LICE | 6 REDUCE PSORIASIS | 10 SKIN CONDITIONS |
| 3 DIGESTION                | 7 CIRCULATION      |                    |
| 4 EMOTIONAL ISSUES         | 8 WOUNDS AND CUTS  |                    |

### Primary Use - Skin Care, Cleansing & Emotions:

**TREATS DANDRUFF AND LICE:** Add 5 drops to 3 drops of camelina oil massage into scalp 3 times daily.

**REDUCE ACNE & PSORIASIS:** Add to the tip of a Q-Tip and apply to infected area(s)

**WOUNDS AND CUTS:** Dilute with a ratio of 1:1 with a carrier oil and apply on the affected area.

**SKIN CONDITIONS:** Add 3-5 drops to 8 drops avocado oil and massage into skin.

