

PEPPERMINT ESSENTIAL OILS

PROMOTE CLARITY
SOOTHE MUSCLES AFTER EXERCISE



Peppermint Essential Oils is one of the most highly regarded herbs. It is used for aiding digestion and supporting the respiratory system.

I personally like to use this oil to promote clarity and energize my brain. During the hot months, I put a drop or two in my drinking water, or make a cooling mist to spray my skin.

Use peppermint oil to soothe muscles after exercise or make your own sports massage oil to support your exercise routine!