



25 Ways to Use Peppermint Essential Oil

Note: It's important to use high-quality, therapeutic-grade essential oils any time you're using them on your skin or ingesting.

1. Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.
2. Add a drop of Peppermint oil to herbal tea to aid in digestion and relieve heartburn.
3. Massage several drops of Peppermint oil on the area of injury to reduce inflammation.
4. Apply Peppermint oil immediately to an injured area (bruise on foot or hand) to relieve pain. If there is a cut, apply the Peppermint oil around (not on) the open wound.
5. Rub several drops of Peppermint oil on the bottoms of the feet to reduce fever.
6. Apply a drop of Peppermint oil topically on unbroken skin to stop itching.
7. For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 Vegetable Mixing Oil.
8. Inhale Peppermint oil before and during a workout to boost your mood and reduce fatigue.
9. Massage several drops of Peppermint oil on the abdomen to relieve nausea.
10. To relieve a headache rub a drop of Peppermint oil on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
11. To stop hiccups, apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the large vertebra at the base of the neck).
12. Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
13. Diffuse Peppermint oil in the room while studying to improve concentration and accuracy. Inhale Peppermint oil while taking a test to improve recall.
14. Rub 4 drops of Peppermint oil on chest and stomach to relieve travel sickness.
15. Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
16. Add Peppermint oil to food as a flavoring and a preservative.
17. To deter rats, mice, ants or cockroaches, place two drops of Peppermint oil on a cotton ball and place along the path or point of entry for these pests.
18. Mix one 15-ml. bottle of Peppermint oil into a 5 gallon can of paint to dispel the fumes.
19. Place a couple of drops of Peppermint oil in a cup of hot water and enjoy in place of coffee.
20. Drink a drop of Peppermint oil mixed in a glass of cold water to cool off on a hot day. Adding a packet of Stevia to sweeten is very refreshing.
21. Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
22. Place a drop of Peppermint oil on the tongue to stop bad breath.
23. Inhale the fragrance of Peppermint oil to curb the appetite and lessen the impulse to overeat.

24. Remove ticks from pets by applying a drop of Peppermint oil on a cotton swab and swabbing the tick. Wait for it to unhinge its head and remove from your pet.
25. Mix Peppermint oil in a footbath to relieve sore feet. Keep water agitated while soaking feet.

How To Apply Peppermint:

Peppermint may be diffused, massaged on the stomach or added to water or tea. Apply to the bottoms of feet or rub on the temples to treat headaches. To improve concentration, alertness, and memory, place a drop of Peppermint oil on the tongue. Add to food as a flavoring and preservative.

Safety Considerations: If currently under a doctors care or pregnant, consult physician prior to use. Avoid contact with eyes, mucus membranes, or sensitive skin areas. Dilute with a carrier oil such as V-6™ before applying to a fresh wound or burn.

****All information is excerpted from [The Essential Oils Desk Reference](#), Essential Science Publishing.

For information more information on high-quality, therapeutic-grade essential oils contact me, Deborah Saunders, 253-875-6520, deborah@asoulconnection.com.

Disclaimer: The contents of this document are for educational purposes only. It is not provided to diagnose, prescribe, or treat any condition of the body. The information should not be used as a substitute for medical counseling with a health professional.