

Suggested Uses for dōTERRA® Peppermint Essential Oil

Mentha piperita

- For alertness, spritz on child's shirt before study time
- To calm indigestion by rubbing on stomach or feet or take one drop internally
- Add one drop lemon and one drop peppermint in a shot of water for a healthy and refreshing mouthwash
- To promote healthy respiratory function, apply one drop topically to chest
- Add one drop lavender with one drop peppermint to sore, tired muscles and joints
- Breathe one drop in airways to feel full during a meal
- To cool off when overheated, apply a drop on back of neck or in glass spray bottle
- Add one drop to hands and breathe in for an invigorating pick-me-up on a long drive
- For a stimulating hair and scalp massage treatment, add one drop to shampoo and conditioner
- Use one drop lemon, one drop lavender, and one drop peppermint when seasonal threats are high