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
2. REDUCE FEVER
3. RELIEVES HEADACHE
4. HELPS WITH INDIGESTION
5. SINUS CARE
6. ANTI-ITCH
7. IMMUNE STIMULATE
8. REDUCES HOT FLASHES
9. REDUCE NAUSEA
10. BALANCE HORMONES
11. REDUCES NERVE PAIN
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 avacado 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 difuse 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.