

10 Uses for Peppermint Oil

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If you experience any adverse reaction apply extra-virgin oil immediately to irritated area and you should have instant relief. ~Lora



1. Soothe Headaches & Migraines

Dab a drop or two of peppermint oil over your temples, neck, and sinuses to help ease the pain of a stubborn headache! After you have applied the oil to these three areas; take a couple of deep breaths and hold for 10 seconds and then release. Feeling a little better?



2. Stimulate Your Scalp

The energizing effect of peppermint can help stimulate and cleanse your scalp. Add a few drops of peppermint to your shampoo and conditioner when you wash your hair for scalp stimulation and a boost of natural energy. Leave it on the scalp and shower as usual and then rinse for an energized feel.



3. Arthritis & Tendonitis Relief

Thanks to its menthol content, peppermint essential oil can be just as helpful for arthritis pain as any of those store-bought menthol creams! Apply it to areas that are affected by arthritis, tendonitis, and other forms of joint pain. Experience that cooling pain relief almost instantly.



4. Nails & Healthy Cuticles

Want to make a natural nail or cuticle oil? Peppermint oil may do the trick. To make your own cuticle oil with peppermint, add the oil to a small bottle with a dropper. Use it alone or dilute it with a base like grape seed oil or jojoba oil. Massage into cuticles.



5. Instant Pick-Me-Up

Peppermint can help improve blood circulation and mental awareness, leaving you feeling more energized and alert. You can even inhale it right out of the bottle if you're on the go! Great for airline travel, it helps to refresh your personal space; see step #1 to apply to specific areas.



6. Allergy Relief

Peppermint essential oil can help open up your airways during allergy season. Add a few drops of peppermint oil with 2 drops of lemon or lavender essential oil to a diffuser and breathe deeply to help relieve allergy symptoms naturally.



7. Powerful Healing Properties

“Peppermint oil naturally cleanses the skin and has antiseptic and antibacterial properties. It has a cooling effect which soothes irritation and inflammation due to acne and skin abrasions. Add a few drops to a cotton swab and dab on irritated area several times a day.



8. Refresh Tired Feet

Spending the day on your feet can leave them feeling hot and tired, but peppermint oil can help! Add a few drops to a foot bath or bucket of cold water, then soak your feet for cooling relief. Ahhhhh.....



9. Boost Productivity

Looking for a quick energy boost to help you get stuff done at work or around the house? Just add some peppermint essential oil to your favorite diffuser!



10. Workout Recovery

Sore muscles after a strenuous workout? Add 4-5 drops of peppermint oil to a teaspoon of your favorite carrier oil, and use it as a massage oil to soothe muscle tension and soreness.

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