

Peppermint Uses

Energizing Blend for diffuser, bath, or spray

Use:

* 10 drops of Orange Essential Oil
* 6 drops of Peppermint Essential Oil

For bath preparations: dilute mixture with 1-2 ounces of carrier oil like Sweet Almond Oil and add to bath

* \*for this remedy, dilute and test a little of the oil on your hand to ensure no unknown skin sensitivity exists

\*do not touch to eyes, wash hands after use

For room spray: dilute with water as desired and mist around room to add energizing fragrance.

Sources: lorannoils.com