



Healthy Skin ♣ Healthy Life™

PEPPERMINT ESSENTIAL OIL

Peppermint has long been known as a remedy for nausea, indigestion, cold symptoms, headaches, low energy, and stomach problems. Just smelling the peppermint can quell a queasy stomach and put a pep in your step!



KEY INGREDIENT

- Peppermint: Fresh, cool, and stimulating to the senses



All Essential Oils are therapeutic grade and maintain Jordan Essentials high standard of quality for your family and ours.

Jordan Essentials does not claim to cure any illness. Check with your doctor before use if pregnant, nursing or taking medications. These statements are not reviewed or endorsed by the FDA.

BENEFITS AND SUGGESTED USES

- Inhale or place a few drops on a cotton ball to replenish your mind, body, and spirit.
- Nausea: Inhale the scent to help stop nausea instantly.
- Control Odor: A drop in the bottom of your kitchen or bathroom garbage can will leave a nice, fresh, minty smell and will also deter those ants, spiders, and mice.
- Stress Relief: A few drops in your bath or Dead Sea Salts can provide relief from stress, depression and mental exhaustion. There is something uplifting about Peppermint and will leave you refreshed. This is also effective when your are feeling anxious and restless.

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