



Peppermint Essential Oil

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Peppermint Essential Oil

Peppermint essential oil as the name suggests has a refreshing minty menthol scent. It's good for treating headaches, colds and travel sickness.

About Peppermint

Peppermint essential oil is most commonly known for benefiting the digestive system but it is this versatile oil that is also a powerful decongestant, antispasmodic, anaesthetic, antiseptic, hepatic, and analgesic. It has a fresh minty scent which is both stimulating and energising, that can help relieve tiredness and fatigue after a long day or a taxing job.

It's refreshing menthol scent also makes it a great oil to use if you're suffering from a headache or congestion from a cold or flu. This versatile oil can also be used to ease nausea and can be especially beneficial to those suffering from travel sickness.

It's definitely an oil that should be a staple in your essential oil kit because of its great versatility and its wonderful scent.



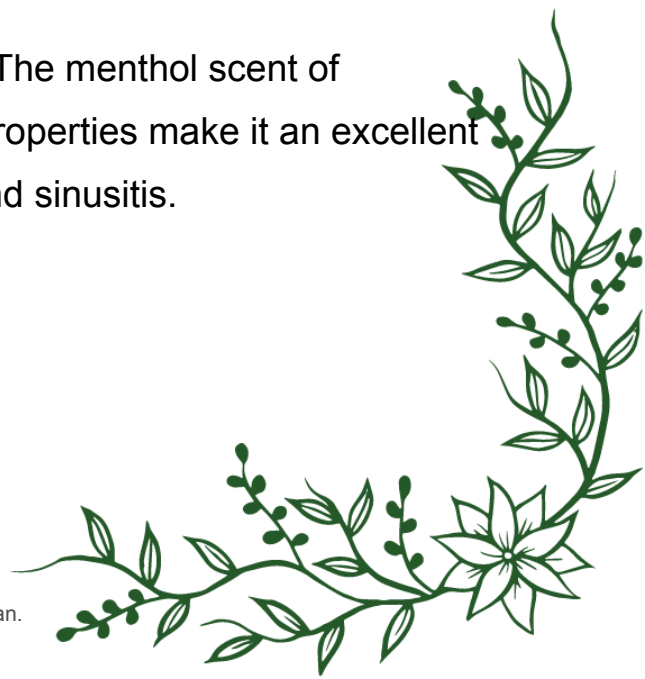
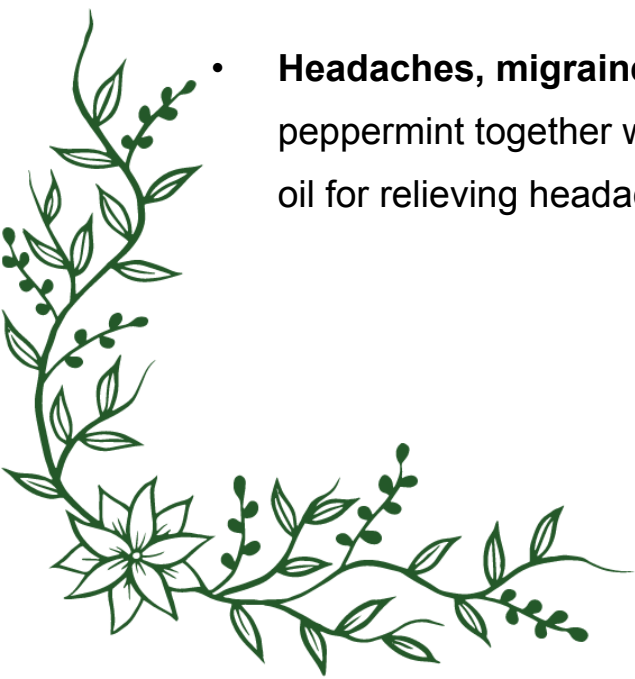
Healing Properties Of Peppermint Essential Oil

Peppermint essential oil has the following healing properties:

Properties

Decongestant, anti-spasmodic, stimulating, analgesic, anaesthetic, antiseptic and hepatic.

- **Digestive issues** – due to its antispasmodic properties' peppermint is effective in relieving nausea, flatulence, colic, indigestion, and calming on the stomach.
- **Travel sickness** – Peppermint is particularly good for soothing the symptoms of travel sickness.
- **Fatigue** – Peppermint with its fresh uplifting scent can be used to help relieve boost energy and fight fatigue due to its energising and stimulating properties.
- **Boosts concentration and clears brain fog** – its energising and stimulating properties can help to relieve brain fog and boosts concentration and focus.
- **Headaches, migraine and sinusitis.** - The menthol scent of peppermint together with its analgesic properties make it an excellent oil for relieving headaches, migraines and sinusitis.



- **Respiratory tract infections-** due to its analgesic, antispasmodic and decongestant properties peppermint is especially good at easing the symptoms of colds, flu, fevers, bronchitis and asthma.
- **Muscle and joint pain** – The analgesic properties help to relieve and soothe inflammation and pain of conditions such as arthritis, rheumatism and sore and aching muscles.
- **Painful periods** – with both antispasmodic and analgesic properties peppermint is effective in relieving pain and cramping associated with menstrual issues.



Ways to use Peppermint Essential Oil

Diffuse

- Peppermint essential oil can be used in diffusers or oil burners. Using Peppermint essential oil in this way is particularly beneficial in relieving headaches, migraines and nausea as well as boosting concentration, focus and clearing the mind. It can also help to relieve the congestion of respiratory issues such as colds, flu and asthma. Peppermint also makes a good natural insect repellent.

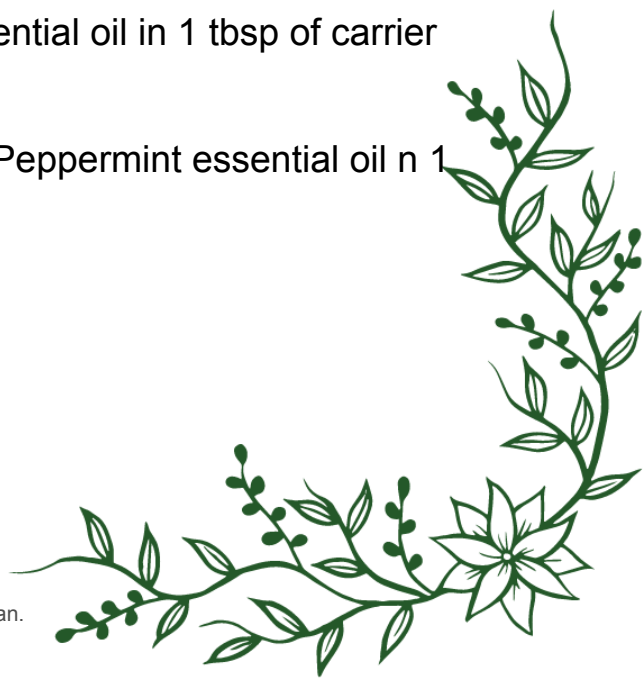
Diffuse 1 - 3 drops of Peppermint essential oil in an oil burner or diffuser.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles, adding Peppermint to a carrier oil and massaging over the stomach area can help relieve pain associated with menstruation and digestive issues. It can also help to relieve the pain associated with conditions such as rheumatism and arthritis. The fresh uplifting scent of Peppermint can be uplifting and energising and leave people feeling energised and relaxed.

Adults - up to 7 drops of Peppermint essential oil in 1 tbsp of carrier

Children over 2 years old - up to 3 drops Peppermint essential oil in 1
tbsp of carrier oil.



Cream

- Adding a few drops of Peppermint to a base cream is a great way of harnessing its antiseptic and analgesic properties to treat minor cuts and scrapes and to soothe skin conditions such as arthritis and rheumatism, It can also be rubbed on the temples to soothe headaches and migraines. It can help to ease sunburn and reduce redness associated with inflamed and itchy skin.

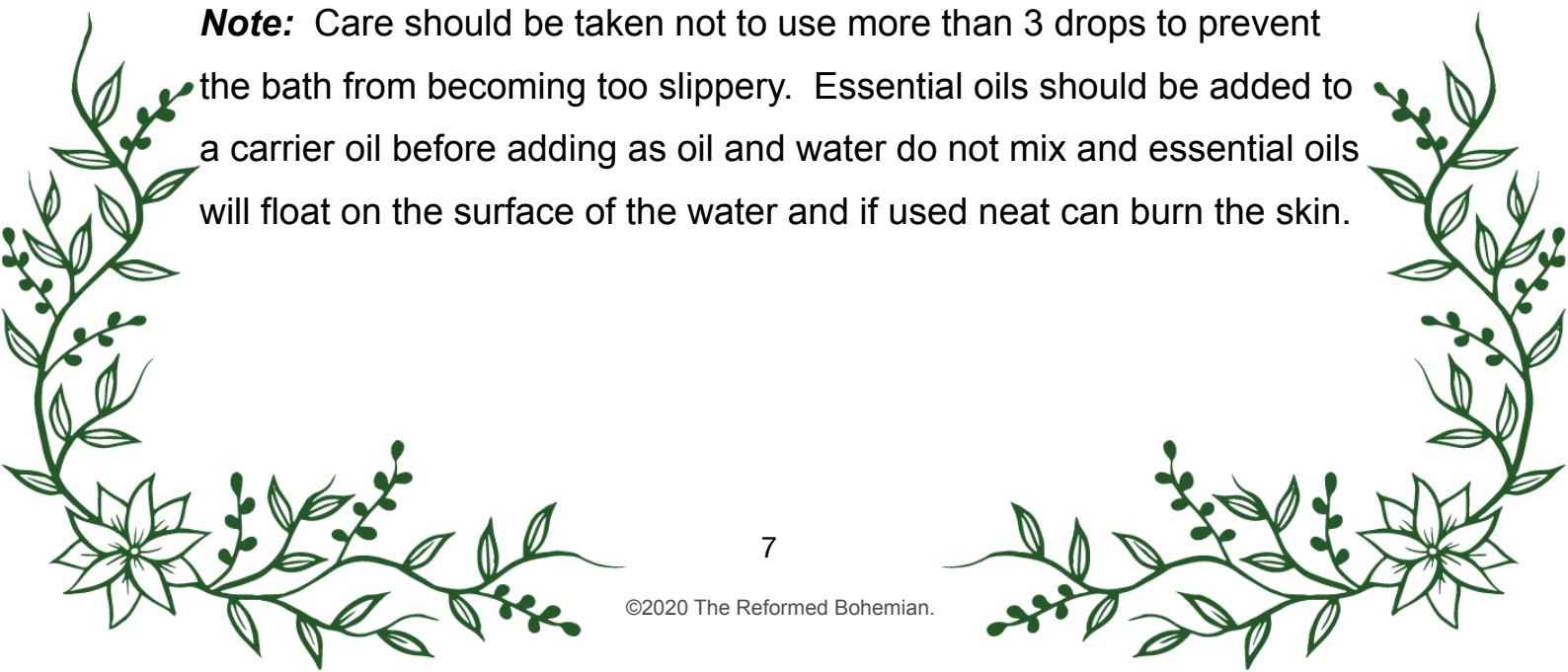
Add up to 12 drops of Peppermint essential oil to 30 ml of base cream.

Bath

- Peppermint essential oil can be added to a warm bath to relieve muscle aches and menstrual pains. It can help soothe and ease the discomfort felt in conditions such as arthritis and rheumatism and also with the discomfort experienced with back pain and also digestive issues such as diarrhoea and constipation. It can also help to relieve headaches and respiratory issues as well as relieving feelings of fatigue.

Add 1 - 3 drops of Peppermint essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Inhalation

- Inhaling Peppermint essential oil is effective in helping to relieve symptoms associated with asthma and respiratory tract infections such as colds and bronchitis, steam inhalation helps to clear congestion in your head, nose and chest.

Simply add 1 -3 drops of Peppermint essential oil to a bowl of hot water, place a towel or blanket over your head and shoulders to enclose your head over the bowl and inhale for 5 – 10 minutes.

Note: Steam inhalation may be too strong for children, instead place the bowl in the room or close by and allow the steam to infuse in the air.

Gargle

- When very diluted Peppermint essential oil can be used to help with bad breath and mouth infections.

Add 1 – 3 drops of Peppermint essential oil to a glass of water and gargle, ensuring not to swallow.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Peppermint goes particularly well with oils such as:

- Bergamot
- Cedarwood
- Lavender
- Lime
- Lemon
- Rosemary
- Clary Sage



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Peppermint should not be used before bedtime as it can lead to insomnia. High dosages can irritate the skin. Peppermint should not be used with Homeopathic remedies.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Peppermint is one such oil.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian
Health & Well-Being Powered By Nature



Find out more at

www.reformedbohemian.com

email: hello@reformedbohemian.com

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