



DIY

Peppermint

Mentha x piperita



**Bold &
Refreshing**

This essential oil provides cooling topical relief while reviving the senses.



PRANAROM

Peppermint | *Mentha x piperita*

Fresh & crisp, Peppermint essential oil works to revitalize and soothe the mind and body.



DIFFUSION To boost mental clarity & calm a queasy stomach, diffuse several drops **Peppermint** in an ultrasonic diffuser or rub a drop between both palms and breathe deeply.



SKINCARE Soothe occasional blemishes, redness & irritation by applying 1-2 drops **Peppermint** in a pump of carrier oil or moisturizer. Best used away from the eyes.



DIGESTIVE SUPPORT Add a few drops of **Peppermint** to your favorite moisturizer or carrier oil and massage circularly into the abdomen and lower back.

We harness the active properties in organic plants for their ability to purify, soothe and inspire. Plant powered products for vibrant health and wellness.

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pranarom.us
Minneapolis, MN 55427



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