

Peppermint Essential Oil

~ provides relief from cold symptoms, helps with mental fatigue, exhaustion, increases energy, boosts mood, focus and concentration, natural decongestant ~

Antibacterial Cleaning Spray

- glass spray bottle
- ½ cup white vinegar
- 2 TBSP bicarb of soda
- 6 drops Lemon EO
- 3 drops Peppermint EO
- 3 drops Lemongrass EO
- 1 drop Melaleuca EO
- distilled water

Garden Spray

- 16 oz glass spray bottle
- 6 drops Peppermint EO
- 5 drops Rosemary EO
- 5 drops Clove EO
- 3 drops Thyme EO
- distilled water

Dilution is a MUST before applying directly to the skin.
Using a 10mL roller bottle first put in essential oils then fill-up remaining with carrier oil.
Cut recipe in half if using a smaller bottle.
Check before using on children as some oils can't be used on children under 10 years of age.



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Pep Diffuser Blend

- 2 drops Peppermint EO
- 1 drop Lemon EO
- 1 drop Lime EO
- 1 drop Tangerine EO
- 1 drop Wintergreen EO

Cold Relief Diffuser Blend

- 2 drops Peppermint EO
- 2 drops Oregano EO
- 1 drop Melaleuca EO
- 1 drop Lemon EO

Household Insecticide

- glass spray bottle
- 8 oz distilled water
- 6 drops Peppermint EO
- 4 drops Orange EO

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