



Headache Buster

Use alone or with a bit of Panaway and/or Frankincense.

Add to your temples, back of your neck, and those pesky tight muscles running behind your ears to your shoulders.

Relax. Inhale deeply. Let the peppermint do its job!

Match Made in Heaven

Let's be honest. Peppermint and chocolate ANYTHING. Add a couple drops to your hot cocoa for a warm treat. A couple drops to your boxed brownie for a thin mint flavor. Better yet? Make these DELIGHTFUL Peppermint Patties.

- 2 1/2 C. Powdered Sugar
- 2 T. Softened Butter
- 2 T. Cream
- 9-10 Drops Peppermint Essential Oil
- 12 oz Bag of Dark Chocolate Melting Wafers



Combine sugar, butter, cream, and peppermint until stiff like Play-Doh.

Form the dough into a log-shape or long, thin tube and wrap in cling wrap, parchment, or wax paper with ends twisted closed. Refrigerate dough for about an hour or until chilled and firm. After it's chilled, unwrap log and use a sharp knife to make patty slices about 1/4 inch thick.

Melt chocolate wafers in a microwavable bowl OR use a double boiler!

Drop a dough slice into the chocolate, use a fork to flip it gently, then let excess drip off. Place peppermint patties on a sheet of wax or parchment paper to set at room temperature, which doesn't take long at all. Store in an air-tight container.

Hot Flash?

Add 1-2 drops of Peppermint with 1 tablespoon carrier oil and massage on back of neck and feet.. It will cool you right down.

Plays nicely with...

- Eucalyptus
- Tea Tree
- Tangerine
- Mang Ylang
- Grapefruit
- Orange
- LIME
- Lavender
- Palmarosa
- Marjoram
- Lemongrass
- Lemon

#oilforthat

Allergy Trio

Combine with lemon and peppermint to beat the pesky pollen.

Diffuse or combine in a roller and apply to wrists and behind ears for some relief!