



Overview

ORAC: 37,300 TE/100g

Dilution: 1:2

Peppermint is a very versatile herb that has a strong, clean fresh minty aroma and cooling effects. It is probably most well known as a digestive aid and for the relief it provides from respiratory infections, but has many other properties that support health and wellness for both animals and people. It can act as a mild natural appetite suppressant for humans, stimulate the mind to enhance clarity & focus, improve endurance during exercise, help alleviate itching from skin conditions and in some cases may help restore the sense of taste.

Common Uses, Applications & Tips

- Inhale before and during workouts to boost your mood and reduce fatigue.
- Place 2 drops EO on the tongue to improve alertness and concentration or diffuse in room where studying.
- Add EO to food as a flavoring: cakes, cookies or even homemade horse treats.
- Spice up your water with 1-2 drops of OE. Enjoy it hot or cold, either way it is refreshing, soothing and can help curb your appetite.

Anti-Inflammatory

Naturally reduces swelling and inflammation for sore, bruised or tense muscles, tendons and bones. It is often used for acute injuries, headaches and arthritis.

- Add 10 drops EO and ½ cup of Epsom salt to bath water.
- Add 5-10 drops EO per 8 oz of water to make flora spray (great for use on animals).
- Add EO direct to injured or inflamed area or joints with arthritis. Do not apply to any area that has an open wound.
- Apply 1-3 drops EO to palm of hand and distribute between back of neck, sinus cavities and temples for headaches. Keep away from eyes.

Anti-Infectious

Peppermint has anti-parasitic, antiviral, antifungal, & antibacterial properties. Helps reduce the spread of or outbreak of infections.

- Add 1-3 drops EO to bottom of each foot to help reduce fever.
 - For horses add 2-4 drops EO to the cornet band of each foot.
 - For dogs add EO to pads of feet. Large dogs 60# or more, 1 drop OE/foot. Adjust accordingly for the size of the dog. Reduce number of feet oil is applied to as necessary.
- Remove ticks by applying a drop of EO on a cotton swab and holding in place until the head is dislodged. Remove tick with tweezers.
- Add 4-5 drops EO to 4 oz water in spray bottle. Spray on plants to help kill aphids.



Peppermint *Mentha Piperita*

Digestion

Used to relieve digestion issues such as upset stomachs, heartburn, colic, halitosis, nausea, diarrhea, flatulence, and Irritable Bowel Syndrome (IBS).

- Rub 4-6 drops EO over stomach and around the navel.
- Add a drop of EO to herbal tea or drink peppermint tea.
- Diffuse in room to allow for inhalation of peppermint.
- Apply 1-3 drops EO to halter of a horse or collar of a dog. You may also add to stall.
- To stop hiccups, apply a drop of essential oil (EO) on each side of the fifth cervical vertebra.
- Add 5-10 drops to feed for a colicky horse.
- Add 5 -10 drops/5 gallons of water for a horse.

Respiratory Health

Peppermint can help open airways and soothe sore, agitated muscles caused by respiratory conditions like common colds, bronchitis and pneumonia.

- Place drop of EO on tongue and inhale.
- Add a drop of EO to herbal tea or drink peppermint tea.
- Diffuse in room to allow for inhalation of peppermint.
- Add 2-5 drops to hand and rub along bottom side of horse's neck.
- Place 1-3 drops EO in hand and rub along bottom side of neck and chest of dog weighing 30 pounds or more. Adjust accordingly based on animal's weight.

Skin Conditions

Irritation caused by psoriasis, eczema, and itchy skin can be reduced with peppermint. Also, it can be beneficial when used for poison oak, poison ivy or for other skin rashes caused by plants.

- Apply OE direct topically to unbroken skin to help stop itching.
- Add 10 drops EO and ½ cup of Epsom salt to bath water.
- Spray animals with flora water: 5-19 drops EO to 8 oz. of water.

Guidelines, Cautions & Warnings

- Young Living brand therapeutic-grade peppermint essential oil is not intended for use with children under four years of age, baby animals or cats.
- ORAC: Oxygen Radical Absorbance Capacity. It measures time and degree of free-radical inhibition. The higher the number the higher the antioxidant value.



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- Dilution: Some essential oils can be irritating to the skin and may be suggested to dilute. Use a neutralizing oil such as V-6 Vegetable mixing oil, vegetable oil, olive oil or a similar product.
- Dilution Ratios: First number is the number of drops used of the essential oil and the second number is for the neutralizing oil.
- Use with caution for those with high blood pressure.
- The information provided based on using Young Living therapeutic-grade essential oils only. Be cautious of oils that are just for aromatic use. These cannot be ingested & do not have therapeutic qualities. They may be poisonous & dangerous if used in the manners described above.
- The statements have not been evaluated by the Food and Drug Administration. The information provided is not intended to diagnose, treat, cure or prevent any disease and is not a substitute for proper medical care. Contact your medical provider or veterinarian to discuss proper treatment.

References:

Complete Holistic Care & Healing for Horses, Mary L Brennan DVM. Winter 2007 Young Living Newsletter. 300 Herbs: Their Indications & Contraindications, Mathew Alfs. Essential Oils Desk Reference Third Edition, Compiled by Essential Science Publishing.