WHY YOU NEED IT:

Peppermint is one of the most versatile essential oils there is. It provides support for healthy digestion, soothing muscles, tension, promoting focus & alertness, and gives that icy + hot feeling of relief wherever it's applied topically.

HOW TO USE IT:

CAUTION - Peppermint is a hot oil, and should be combined with a fatty carrier oil like coconut or jojoba before being applied to those with sensitive skin.

Peppermint can be applied topically to the back of the neck or the temples. It can be dropped in the belly button, or rubbed on the abdomen to support healthy digestion. A few drops in the diffuser can help refresh your airways and support healthy breathing, too!

EMOTIONAL BENEFITS:

Inhale this bright, crisp scent to soothe anxious feelings, lift your spirits, or calm racing thoughts and restlessness. When we inhale oils, the area of our brain dealing with memory and mood is affected, so diffusing or applying peppermint oil can help us tremendously. It works wonders paired with citrus oils for a vibrant, uplifting aroma.

LEARN MORE »

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Freshen your space.

Diffusing is a wonderful health habit. Add Peppermint to your diffuser to fill your space with a fresh, crisp aroma that supports healthy airways. Pair Peppermint with Lemon and Orange during the day, with Eucalyptus while you shower, and with Lavender at night.

Breathe deeply.

Peppermint is one of the best oils for opening and supporting the airways. Diffuse, inahle from the bottle, or place a drop in your hands, cup over your nose and take a deep breath. Dilute Peppermint and apply to the chest and back as desired.

Five reasons to love peppermint

Soothe digestion.

Peppermint is highly regarded for its support of the digestive system. Dilute and apply over the abdomen or add a drop of Peppermint Vitality to a large glass of water.

Stay focused.

Use this crisp, alerting oil as part of your focus routine. Diffuse it while you work, roll it along the back of your neck, and wear it on diffuser jewelry for an instant boost.

Release tension.

Our bodies carry a lot of the stress and anxiety that we feel. Give your body rest. Take a detox bath with Epsom salts and a few drops of Peppermint. Dilute Peppermint and apply to tense shoulders and the back of the neck.

LEARN MORE »

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PEPPERMINT
DIFFUSER BLENDS

SUGAR COOKIE
5 DROPS STRESS AWAY
4 DROPS PEPPERMINT

JOYFUL MORNING
4 DROPS PEPPERMINT
4 DROPS JOY

TENSION MELTER
3 DROPS FRANKINCENSE
3 DROPS PEPPERMINT
4 DROPS LAVENDER

OCEAN BREEZE
4 DROPS PEPPERMINT
3 DROPS LAVENDER
3 DROPS LIME

SEASONS CHANGE
3 DROPS PEPPERMINT
3 DROPS LAVENDER
3 DROPS TEA TREE
3 DROPS LEMON

AVEDA
2 DROPS EUCALYPTUS
3 DROPS PEPPERMINT
4 DROPS ROSEMARY
3 DROPS LEMON

ROLLER BLENDS
WITH PEPPERMINT

CALM & COLLECTED ROLLER
FOR ATTENTION & FOCUS
· 15 DROPS EACH PEPPERMINT, VETIVER, CEDARWOOD
· OPTIONAL: 10 DROPS GENEYUS
· FILL WITH V-6 CARRIER OR CARRIER OIL OF CHOICE

POST-WORKOUT ROLLER
FOR SOOTHING SORE MUSCLES
· 20 DROPS PEPPERMINT, COPAIBA, IDAHO BALSAM FIR
· 2 DROPPERSFUL CBD (OPTIONAL)
· FILL WITH V-6 CARRIER OR CARRIER OIL OF CHOICE

BELLY EASE ROLLER
FOR DIGESTIVE SUPPORT
· 15 DROPS EACH PEPPERMINT, LEMON, DIGIZE
· FILL WITH V-6 CARRIER OR CARRIER OIL OF CHOICE

Save on Essential Oils!

I've got an oil for that!

LEARN MORE ≫

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Testimonials

"I drink it - 1 drop in water prior to going to the gym... makes me feel like I can breathe a little deeper during hard workouts. Bonus - good for the breath!"

★★★★★

PEPPERMINT
TESTIMONIES

"Peppermint is my bff when I start getting that "is it hot in here or is it just me" feeling."

★★★★★

PEPPERMINT
TESTIMONIES

"I love it in my coffee in the mornings! I started with 1 drop & am up to 3 now. Not only does it start my day aiding in my digestion, it wakes me up even more than caffeine! I also love diffusing it by itself or with almost anything else!"

★★★★★

PEPPERMINT
TESTIMONIES

"I use it for head tension and to cool down. It's one I keep in my purse. Though at first I didn't like Peppermint, once I started using it, it became a favorite."

★★★★★

PEPPERMINT
TESTIMONIES

"Magical for all things tummy!"

★★★★★

PEPPERMINT
TESTIMONIES

do they even work? like, for real?

yep. they work.
we use them **topically** on our skin (where they're absorbed easily), **internally** in capsules or dropped under our tongues, and **aromatically** in diffusers (which is incredibly beneficial for lots of things - especially emotional health).

DIY Recipes with Peppermint

DIY Recipes for Skin:

12 super easy melt & pour soap recipes
Morning Start - Mint Chocolate
Vanilla Latte - Sweet Dreams
Purify & Cleanse - & more
THECRUNCHYMOOSE.COM

7 salt & sugar scrubs for glowing skin
THECRUNCHYMOOSE.COM

DIY Recipes for Hair:

DIY Deep Conditioner
customize a deep conditioner for your hair needs
THECRUNCHYMOOSE.COM

DIY HAIRSPRAY 3 ways!
Cheap! Easy! Effective!
Ingredients your hair loves!
THECRUNCHYMOOSE.COM

DIY Recipes for Oral Care:

Whitening & Remineralizing Tooth Powder
calcium - activated charcoal
bentonite clay - baking soda
THECRUNCHYMOOSE.COM

diy toothpaste
put an end to sensitive teeth
THECRUNCHYMOOSE.COM

Remineralizing & Whitening Mouthwash
Find your mouthwash nirvana!
THECRUNCHYMOOSE.COM

Essential Oils for oral health
what oils to use & how
THECRUNCHYMOOSE.COM

OIL PULLING CHEWS
4 WAYS:
whitening - detoxing
remineralizing - soothing
THECRUNCHYMOOSE.COM

DIY Recipes for Health:

11 ways to naturally relieve constipation
THECRUNCHYMOOSE.COM

diy natural vapor rub
natural, real, effective, & easy!
THECRUNCHYMOOSE.COM

GOOT
Garlic Oil Ointment Treatment
THECRUNCHYMOOSE.COM

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common questions
about getting started

is there **really** a difference in these and the ones I see at Target?

oh friend. a **huge** difference. most of the oils you see in stores like that have warnings against using topically or ingesting because they're packed with harmful fillers!

The best bargains!

These bundles & kits are heavily discounted & are the most popular way to get started with Young Living.

Yes! You can stack discounts & use coupon codes on these discounted bundles & kits!

thecrunchymoose.com/kits for the best bundles & kits!

thecrunchymoose.com/eo for info & the latest discounts!

Premium Starter Bundle

Make a Shift Happy, Healthy Home Kit

Little Oilers Premium Starter Bundle

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