



Peppermint Essential Oil: Everything You Need To Know About This Energizing Essential Oil (The Essential Oils Uncovered Series Book 2)

Amy Joyson

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Transform your health with the complete guide to Peppermint Essential Oil!

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Master the powerful natural abilities of peppermint essential oil with this complete guide. Peppermint is well regarded as a brilliant aid in congestion and head ache relief. Did you know it can also be used to treat fever, relieve nausea, reduce the symptoms of asthma, repel insects and act as a brilliant deodorant? I could go on and on with an endless list of peppermints powerful therapeutic applications. It truly is a health powerhouse. Many aromatherapists agree that lavender should be a cornerstone of anybody's essential oil collection due to the sheer versatility and ease of use. This book has been written to provide a full and thorough breakdown of peppermint essential oil, ranging from its rich history to the modern day applications. Find out what the book contains below!

Here is exactly what you will learn whilst reading this book

- A history of Peppermint Essential Oil's use
- A breakdown of Peppermint essential oils chemical composition
- The key therapeutic properties of Peppermint essential oil
- A detailed explanation of how the oil is extracted
- How to extract peppermint essential oil at home including how to maximize the purity and yield
- Complete safety instructions when using peppermint essential oil
- How to apply essential oils to the body through massage, inhalation, ingestion and topical application
- The amazing health benefits of the oil
- 21 remedies using peppermint essential oil exclusively, including stress relief and sunburn relief
- 20 easy and effective recipe/remedy blends containing peppermint oil for treating various ailments
- Cold and Flu remedy blend
- Headache treatment blend

- Heartburn remedy blend
- Body detoxification blend
- Acne Treatment Blend
- Over 30 more incredibly helpful natural blends!

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