

PEPPERMINT

1. **Calm a Tempest.** Rub on the stomach can calm indigestion, an upset stomach or other internal digestive commotion. A must-have when traveling!
2. It's **About Air Flow.** When sinuses seem to be clogged, and throats swollen and scratchy, apply topically on the chest for revitalizing air flow. Peppermint acts as an expectorant and may provide relief for colds, cough, sinusitis, asthma, and bronchitis.
3. **Cool the Joints.** When the ravages of time wreak havoc on your joints, leaving that hot and achy feeling, peppermint oil mixed with lavender oil cools like an ice bath, but you stay warm and dry.
4. **Feel Full, Faster.** Satiety. It's about feeling full, and not overeating. The aroma of peppermint oil has the ability to make you feel full, faster
5. **Perk Up.** The invigorating aroma of peppermint is a wonderful, non-stimulating way to perk up on long drives, in school, during late night homework or any other time you need to "burn the midnight oil."
6. **Allergies Beware.** Peppermint oil has the ability to relax smooth muscles in the body – the same muscles that line our airways and become affected in allergy season. Peppermint oil (with lavender) should certainly be another arrow in your allergy treatment quiver!
7. **Chase Away Tension Headaches.** Got a mind numbing headache? A few drops of peppermint dabbed on your temples, neck and sinuses can quickly spring into action and chase that headache away!
8. **Help Kids Get on the Ball.** Apply under the nose for improved concentration and alertness.
9. **Seep, Soak & Revitalize.** After a long day, apply peppermint, let it seep in and then soak in a warm bath or shower. The refreshing peppermint vapor will make you feel cool, relaxed and energized again.
10. **A "Should I Work Out Today?" Antidote.** You ask yourself this question. It's OK. Using peppermint oil prior to exercise immediately awakens your senses and gets you in your right mind so you can crank.
11. **A Snack Vendor's Nightmare.** When you get that mid-morning craving, apply and inhale peppermint oil to reign in the urge to snack on junk food!
12. **Wake Up Your Mind.** Peppermint oil activates the limbic function in your brain. The limbic function helps control things like emotions and long-term memory and is related to olfactory structures in your nose.
13. **An Itch Fix.** If you have the after effects of a sunburn where skin is a little warm and itchy, apply peppermint oil (mixed with lavender) to cool, soothe and stop itching.
14. **Theme Park Relief.** If you've got that "I my gosh, I can't believe I just went on a spinning ride" feeling, peppermint rubbed on the stomach can calm smooth stomach muscles and help dispel discomfort
15. **Sleep Like a Baby.** If you find you are having a hard time sleeping, peppermint oil helps activate cold-sensitive receptors in the skin and mucosal tissues. When used this way, it may help with insomnia.
16. **Quell Apathy.** When you're with someone who feels gloomy or like they "just don't care", ask them to try peppermint oil to stimulate their mental sharpness and focus.
17. **It's About a State of Mind.** Someone's mental outlook can be a game changer. If they are shocked, stressed out or nervous, peppermint oil may help restore feelings of normalcy and balance.
18. **Alleviate Internal Strife.** When used topically, peppermint is a favorite for fresh relief from cramping, indigestion to diarrhea. Skip the antacids and go with peppermint
19. **For That "Marathon in Clogs" Feeling.** When you feel like you've just run a marathon in clogs, and your feet are a hot mess of ouch, massage peppermint oil onto aching feet, joints, and strained muscles.
20. **Leap from Lethargic.** Feeling lethargic or in a brain fog? Peppermint has been known to improve blood circulation and awareness, leaving you with an energized, awake feeling.
21. **Buoyant Heart.** Peppermint is known as the oil of a buoyant and joyful heart. It invigorates the mind, body and spirit. It'll remind you that life can be happy.
22. **Positive Properties.** Buoyant, optimistic, relieved, strength of face emotional pain.
23. **Affirmations.** I make a wish for what I want. I receive what I desire. My heart sings with joy.

LAVENDER

- 1. Take the Bite Out of It.** Insects, creepies and crawlies are not too fond of the smell of lavender. In fact, they hate it. If you forget to go the prevention route, lavender soothes bites, itching and inflammation.
- 2. Can't sleep?** Lavender is like magic. It will help ease the mind, calm down, make bedtime a bit more rewarding, and best of all ... lull into a restful sleep.
- 3. The Oatmeal Secret.** Fill a baby food jar with oatmeal, and add 5-8 drops of lavender oil. When it's time to wash your face, add water and it becomes an excellent natural scrub! A little goes a long way.
- 4. Minor Burns, Major Relief.** When you've slightly overdone it in the sun, a little lavender oil is helpful in preventing peeling skin. It aids in your skin's healing without scarring as well!
- 5. Boo Boo Relief.** Lavender has disinfecting properties. It's great for the skin, and wonderful for relief from cuts and scrapes, especially if the cut or scrape is located wherever it's difficult to keep covered.
- 6. Alleviate Feelings of Earaches.** You can warm lavender (don't scald it), mix with olive oil and gently massage around the ears (not in the ears) and near glands in the throat.
- 7. A Dry Climate Answer.** If you suffer from dry, itchy skin, and don't want to mess around with chemical smelling lotions, add lavender to fractionated coconut oil and comfort will be yours!
- 8. Horrific Heels & Foot Fatigue.** If you've been wearing sandals all summer, and your heels look like the Atacama Desert, 6 drops of lavender in a hot foot bath is the answer. Your porous feet will thank you.
- 9. Neck & Wing Relief.** When you have neck and scapula tension, apply lavender with fractionated coconut oil, breathe it in and massage those knots out!
- 10. A Woodworker's Friend.** Do you work with wood or handle wood? Rather than dig a hole in your finger trying to catch that splinter, add a few drops of lavender, let the splinter swell and slip out.
- 11. Allergies, Sinuses & Congestion** Oh My! Lavender can calm down unruly sinus issues, defiant allergies and other respiratory issues. Just apply on the back of your neck, chest, and between your eyes.
- 12. Fortify Your First-Aid Kit.** Basic First-Aid kits are often geared toward minor skin irritation, scrapes, rashes, and so forth. Lavender is great for all those, not to mention its calming properties!
- 13. Soak Away Stress.** Your muscles are tight. Anxiety and deadlines are eating at you. Your heart is racing. Where's the pressure release valve? Right here, with lavender. Add to a warm bath, soak it in, soothe.
- 14. Sooth Skin.** Apply to dry, irritated skin to improve its appearance. This is great for all skin types.
- 15. Calm Communication.** Lavender is known as the oil of verbal communication and calm mind. This is the oil to bring into challenging conversations.
- 16. Positive Emotional Properties.** Open communication, calm, expressive, emotional honesty, self-aware, and peace of mind.
- 17. Affirmations.** It is safe for me to use my voice/speak. I trust myself to speak my truth.

WILD ORANGE

1. **Mood Enhancer.** Swipe some wild orange over your heart or inhale deeply. This is a favourite in the winter.
2. **Discomfort.** Studies suggest that the calming effects of wild orange essential oil may make it a useful treatment option to control pain, especially associated with head or neck tension and joint and muscle discomfort.
3. **Remember This.** Wild orange essential oil is being studied for its ability to support memory recall and the ability to focus.
4. **Immune System.** Wild orange have protective qualities that can be helpful in supporting your immune system.
5. **Trauma.** This essential oil is being studied for its calming and soothing properties, particularly as they relate to PTSD and anxiety.
6. **Increase Energy.** Inhale deeply before working out or during a sluggish afternoon. Particularly helpful combined with Peppermint.
7. **Relax.** Try it with lavender to help you relax.
8. **Digestion.** Combine with peppermint to support digestion and elimination. Think constipation, heartburn and nausea.
9. **Stress.** Regulate your stress and feel uplifted and more joyful.
10. **Grief.** Stimulate the limbic system and open your heart to new possibilities.
11. **Abundance.** Wild orange is known as the oil of abundance and possibility.
12. **Positive Emotional Properties.** Abundant, sense of humor, playful, generous, spontaneous, creative, joyful.
13. **Affirmations:** I am open to abundance. Even though I can't always tell, I know that possibilities and opportunities are all around me.